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THE WATERS

OF

PLOMBIÈRES

(VOSGES)

WORKS BY THE SAME AUTHOR

Des Gastrites chroniques. Paris, 1869.

Des Dyspepsies flatulentes à formes douloureuses et de leur traitement par les Eaux de Plombières. Paris, 1869.

Des Diarrhées chroniques et de leur traitement par les Eaux de Plombières. Paris, 1873.

Guide médical aux Eaux de Plombières. Paris, 1887

Traité des maladies du Rein, de ROSENSTEIN, traduit de l'allemand par les docteurs Bottentuit et Labadie-Lagrave.

Etiology and treatment of Muco-membranous Colitis. (British Medical Journal.)

THE WATERS

OF

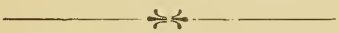
PLOMBIÈRES

(VOSGES)

BY

Dr BOTTENTUIT

Consulting Physician at Plombières
Ancien Interne des hôpitaux de Paris
Chevalier de la Légion d'honneur



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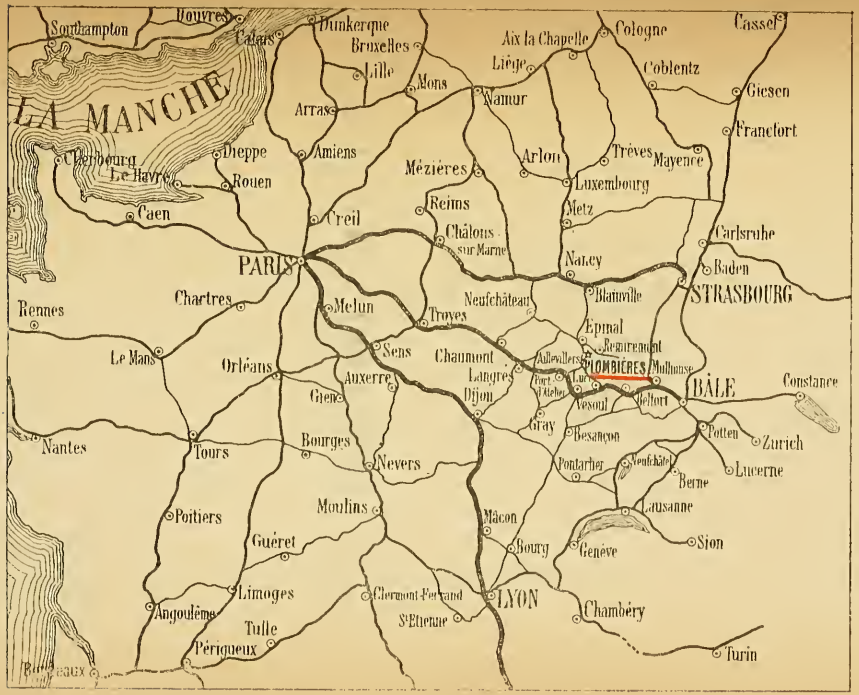
GENERAL INFORMATIONS



MAP OF LINES LEADING TO PLOMBIÈRES

GENERAL INFORMATIONS

THE ITINERARY

The Eastern Railroad of France (Chemin de fer de l'Est), takes the traveller to Aillevillers, from whence a branch line leads to Plombières.

The Railway Station of Plombières is a pretty one, situated opposite the Park.

Several omnibuses meet every train.

The station of Aillevillers is on a branch line, which joins the two main lines, leading from Paris to Strasbourg and from Paris to Belfort.

One can take either of these main lines

from Paris. The Belfort line, by express, reaches Plombières in 7 hours. The road by this line is 60 kilometres shorter than by the Strasbourg line. One passes by, Troyes, Chaumont, Langres,. Port-d'Atelier. The Strasbourg line, rather longer, passes by Epernay, Châlons, Bar-le-Duc. Nancy.

By taking the Belfort line, one can reach Plombières without change of carriage.

In summer, from the 1st of june to the 25th of september, there is a special train from Paris to Plombières, with Dining-Car and Wagons-salons, reaching Plombières, without change of carriage, in 6 hours.

There are two roads one can take from London to Plombières :

1° *Via Paris* — 6 hours from Paris to Plombières ;

2° *Via Calais-Bâle* — This is the shortest and cheapest route.

The line from Calais to Bâle (*via Nancy-Épinal*), passes by Calais, Amiens, Tergnier, Reims, Châlons-sur-Marne, Nancy, Épinal, Aillevillers, Plombières. Leaving London in

the evening, one reaches Plombières at 2 p. m. next day.

From Brussels to Plombières, there are several roads.

One can reach Plombières either by passing through Paris or by a cheaper route, by : Arlon, Athus, Longwy, Nancy, Épinal, Aillevillers, Plombières. Leaving Brussels at 7 a. m. one reaches Plombières at 9,30 p. m. The traveller can also take the line passing through Luxembourg, Metz, Nancy and Mirecourt.

Travellers coming from the South of France, take the Paris-Lyon-Méditerranée line to Dijon and thence they can proceed either by Gray, Vesoul, Port-d'Atelier and Aillevillers, or else by Isle-sur-Thil, Cumont-Chalindrey, Port-d'Atelier-Aillevillers. — This latter route is shorter by 4 hours.

Travellers coming from Italy or Switzerland can take at Bâle, the Calais-Bâle, via Épinal-Nancy and stop at the station of Aillevillers-Plombières from whence they reach Plombières in 50 minutes.

We must however advise all traveller to

consult carefully the time tables of the different Companies, before starting. Every year, there are changes in the hours of the trains.

Hotels and Lodgings

Every kind of accommodation exists at Plombières for the benefit of the stranger, who only has to choose what he prefers from among the numerous larger and smaller hotels, pensions, furnished apartments and villas.

There are six principal hotels at Plombières, several smaller ones and about 100 lodging houses, villas or chalets and furnished apartments with or without kitchens.

Some of the lodging houses have table d'hôte.

The prices are generally moderate. Living costs about 4 to 7 francs a day. The price of rooms is more variable, and depends on their situation, size and comfort. — Good roms can be had for 3 francs to 8 francs a day or higher. Lodgings ought to be retained before hand.

This advice applies especially to the months of July and August.

Baths

The baths are divided into three classes. The price varies according to the comfort, etc.

1st CLASS.

Nouveaux Thermes, Bain Romain, Bain Stanislas.

2d CLASS.

Bain National, Bain des Dames.

3d CLASS.

Bain Tempéré, Bain des Capucins.

Tne tickets or cachets de bains, douches and étuves are given at the Bain National, at the Nouveaux Thermes and at the Bain Stanislas. The Establishments are open from 5 a. m. to 7 p. m.

Mairie

The bureaux are open from 10 a. m. to 4 p. m.

Bureau de Poste et Télégraphe-Téléphone

It is situated avenue Louis-Français.

There are daily five deliveries. The first at 7. a. m. for letters coming from Germany, Belgium, Strasbourg, Metz, Nancy.

The second at 9. a. m. from Paris, England and generally North and South. The third at 10. 30 a. m. from Strasbourg, Metz, Nancy, etc.

The fourth at 3. p. m. from the South. The fifth from Paris, England, etc.

Reading Rooms and circulating Libraries

There are several, where a good selection of books will be found.

M. Soyard, rue de l'Église.

M. Kastener, rue de la Préfecture.

Carriages and Horses

There are four or five stables, where one can hire horses or carriages for two or four persons. Breaks, etc.

The excursions will be described at chapter V.

Casino

The Casino is situated on the little Promenade, between the town of Plombières and the Grands Hotels.

The Casino is formed by a central pavilion, and two wings. In front of the central pavilion there is a handsome double staircase which leads to a perron. In this central pavilion is a hall where visitors will find English billiards tables, the game of « petits chevaux » and of toupies hollandaises, etc., etc.

In the left wing is a theatre and ball room. In the right wing, leading one into the other, are the « salon des dames », the « salon de conversation », the « salle de billards », « cafés and salon de jeu ». Along the whole length of the building, there is a verandah wich is an agreeable refuge for visitors during wet weather.

The troup is composed of 40 artists. They

give four representations every week, on Sunday, Tuesday, Thurday and Saturday.

There are balls on Monday and Friday.

Wednesday evenings are reserved for extraordinary representations, such as those by artists who are not engaged by the season, benefits, etc., etc.

The Band plays daily, in the morning from 11 1/2 to 1 o' clock and in the evening from 3 1/2 to 5.

THE WATERS

OF

PLOMBIÈRES

(VOSGES)

CHAPTER I

PLOMBIÈRES

Situation — Topography — Antiquities Description of the town, etc.

The little town of Plombières and its valuable Establishment of mineral waters is situated in a deep valley, in the southern part of the Department of the Vosges.

The origin of the name of Plombières, in the patois of the country « Plumières », « Plumaires

des anciens », « Piommer ou Piummer », has been warmly discussed and has given rise to many and sometimes very ingenious derivations.

Some arguing from an old but erronious theory, that these waters contained lead, thought and perhaps with good reason, that the name of Plombières came from that fact. Hence the expressions : *Aquæ plumbaræ, Balneum plumbeum.*

Another derivation refers to an old tradition that formerly and even to the end of the 17th century, it was the custom on the first of May of every year, to decorate the Establishment with flowers. The Germans who, at that period, came to these waters in greater numbers than any other people, gave them consequently the name of the *Flower Bath, Blumen Bade, Plumbersbad, Blumbaeder,* whence by a series of corruptions, the name of *Plombières.*

This « Fête des fleurs » has a great analogy with certain old Roman celebrations in honor

of their Divinities. Il is very probable, that this decoration of the Establishment with flowers, was a continuation of an old Roman practice introduced during their occupation of Gaul. The custom would therefore be as old as the Roman domination.

M. E. de Bazelaire has given another etymology going even further back. He traces the discovery of these waters to the Gauls. According to this author, the name of Plombières is derived from two Celtic words « Plon » water, and « Ber » hot. The Euphonic *M* is often in the celtic language, found before a B. Hence the word *Plomber*. If we accept tnis theory, the town of Plombières owes its name to its waters, as in fact it owes its existence and its prosperity. The recent discovery of old Celtic ornaments appears to give credit to this last mentioned theory.

Nothing positive is known about the discovery of the waters. Here as elsewhere a popular tradition ascribes it to Hunters.

During a hard frost, some hunters having penetrated with a pack of hounds, into the Valley of the Eaugronne, as yet quite uncultivated, were surprised to see their dogs wet and covered with steam. Following the animals, they came to an old oak where they found some others washing themselves in hot water. Hence the discovery of the « *Source du Chêne* », known to-day as the « *Source du Crucifix* ».

Dom Calmet states that a bronze plate was found bearing the following inscription, commemorative of the reparation of the Baths by the Emperor Augustus.

« *Termæ Plumberianæ ab Augusto Cæsare restitutæ.* »

Evidently this fact pleads in favor of Monsieur de Bazelaire's theory, that these Baths existed previously to the Roman invasion.

Dom Calmet tells us that many historians ascribe the edification of the Baths to the celebrated victor of Attila, Ætius, about 428 A. D.

According to Dom Calmet, more than fifty years before our era, Julius Cæsar or his lieutenant Labienus had employed his soldiers to deepen the river and build a wall to separate the hot mineral waters from the cold ones of the stream. He adds that in his time, there were still remains of this great work, and even to-day one traces under the « *Pavillon des Dames* », a great wall built of enormous blocks of hard cut stone placed one on the other, forming a kind of staircase.

This wall divides the stream into two parts and thus isolates the hot mineral waters from the cold ones of the river.

Many of the stones bear on them inscriptions in capital letters. So excellent is this work that the junction of the different stones is almost imperceptible. This wall rests on large and square blocks of granite, which are embedded in a thick layer of cement. So strong is this cement that it can to-day be broken only by the action of powder.

The same constructions of stones and cement extend beneath a great part of the town. They were built so as to receive the water of the mineral Sources and to form vast Baths or Piscines containing not less than 400 ou 500 cubic metres of water. In other points, the vapor of the water, was collected in chambers and formed, what the Romans called « *vaporarium* ». They are to-day styled « *Étuves* ».

The subterranean works prove the importance of the Baths, which existed at that period.

The excavations and discoveries made at different times have further demonstrated how considerable these old Roman constructions were. The works carried out during the reign of Louis XV for the foundation of the « *Bain Tempéré* », revealed the remains of some ancient Bronze water cocks, the remains of columns of the Doric order and other interesting antiquities. Subsequently other discoveries of old Roman works, were made during

the excavations done by the order of Napoleon III. These relics can be seen to-day. Besides these, many other interesting antiquities of Roman origin, have at different times been discovered. Whilst carrying out works ordered by the Duke Léopold de Lorraine, a bronze slab bearing the following inscription, was found.

DEAO NEPTVN

JOVSTISSIA

VESTINA

V : S : EM

According to *Rouvroy*, the interpretation of this inscription appears to be that a lady, by name Vestina offered her vows to Neptune in gratitude for her restoration to health at Plombières.

M. de Beaulieu also cited the existence of a bas-relief on the pedestal of a tomb, dating

from the 3rd century, bearing the following inscription :

A. CATORAVE

A. NAILLO

CONSURU

O. DONAVIT

Aulus Catorave offered this tomb to Aulus Naillus a slave like himself.

According to *Martinet*, *Grosjean* and others, at different periods, vestiges of the Roman domination have been found. Amongst these a Celto Roman statue and numerous medals and coins bearing the effegies of Julius Cæsar, Neron, Vespasien, Trojan, Faustine, Adrien, etc., etc.

These and other antiquities, as well as the remains of the ancient Roman Baths, can be seen in the museums of Epinal and of Remiremont.

The extent and nature of the old construction,

the curious and valuable relics found in excavations at different periods, prove without doubt, that the Romans frequented the Baths of Plombières and founded an important establishment there. This establishment which owed its origin to the Romans, was destroyed by the wars which culminated in the fall of the Roman Empire, in the 4th and 5th centuries.

According to *Balduinus Richard de Wassebourg* who is quoted by Dom Calmet, Ambron, grand-son of Pharamond, rebuilt the Baths, towards the end of the fifth century.

Anyhow since the Romans settled there, Plombières has undergone many changes and many catastrophies, which it is impossible to describe accurately to-day and many of which history makes no mention. It would however seem that at no period these baths have ever been entirely abandoned, as happened to so many others. This is a strong proof of the value of their waters.

In the 6th or 7th century, the Religious houses of St Colomban and St Romaric were founded. Their presence no doubt induced around them the settlement of a peaceful population, and there are good reasons to believe that, thanks to them and to that of the waters of Plombières, these parts became in early times more settled and more civilised than the other districts of the Vosges.

Historians relate that Queen Brunehaut (in 598), inhabited the Vosges with a large and sumptuous court and that she strove to reproduce old Roman customs and habits. No doubt she was often a visitor to these waters. Charlemagne too had a Palace at Remiremont and came there with his son Louis the Pious, to hunt and fish. He too no doubt visited Plombières.

Towards the close of the 9th century, Queen Valdrade, wife of Lothaire II, after her separation from her husband, inhabited the Abbey of Remiremont. She too may very li-

kely have frequented these Baths. These conjectures help to fill a gap in the history of Plombières.

It is also probable that Plombières did not escape injury at the beginning of the tenth century, when the Hungarians ravaged the whole country and destroyed the celebrated monastery of St Mont.

The most reliable history of Plombières is to be found in the M. S. Chronicles of the Dominicans of Colmar. We read in them, that in 1292 Duke Ferry III of Lorraine built a stronghold above the Baths of Plombières to defend Bathers against *wicked men.* At that time the country was desolated by small feudal Lords, and also by bands of banditti, styled « *Routiers* » and « *Compagnie d'écorcheurs.* »

It was against these marauders that this stronghold was built. The ground formerly occupied by this historical castle is now the garden of Mme veuve Parisot. It is situated behind and a little below the « *Gendarmerie* ».

This fact explains the name which Mme Parisot's house bears of « *Mey du Guard* », or *Mez du Gard* », « *Jardin du Guet* ».

The Dungeon of the ancient castle communicated with the « *Bain de la Reine* » by means of a door and covered way. We have no record of the time or the reasons for the destruction of the castle. All we know, is that the feudal rights which belonged to the noble Chapter of the Dames Chanoinesses de Remiremont, was given by them during more than a century, to a league of small feudal Lords styled « *Sires de Plumières* ».

Later on, these rights reverted to the noble Chapter of the Dames de Remiremont and the Duc de Lorraine.

It is in the 17th century that the renown of the water of Plombières reaches its highest fame.

The good King Stanislas, who out of gratitude, the Lorrains have surnamed the Father of the people, contributed much towards the

amelioration of the Establishment, and thus increased its prosperity. At this time, noble strangers of every country flocked to Plombières. The daughters of Louis XV took the waters here.

Montaigne who had visited nearly all the Baths of Europe writes : « *Que ceux où il y a le plus d'aménité de lieu, commodités de logis, de vivres et de compagnies, etc., sont, en France, ceux de Bagnères et ceux de Plombières.* »

In 1753, Voltaire and his celebrated enemy, the President Maupertuis both visited Plombières.

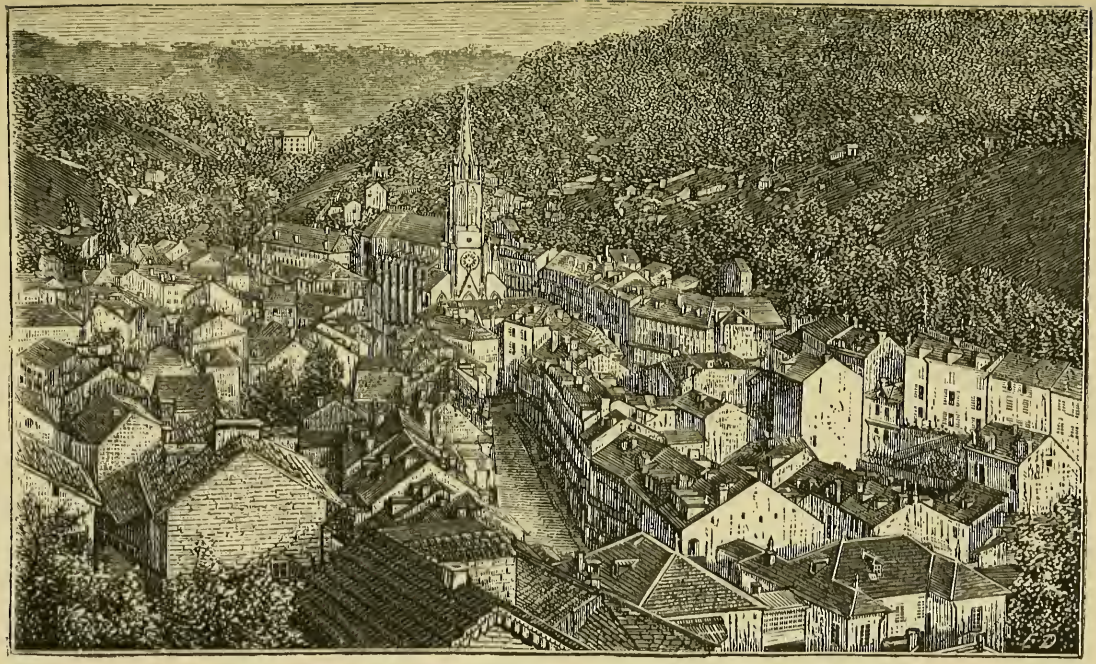
Voltaire, who as one knows, was the guest of Frederick the Great at Berlin, quarrelled with his Royal protector. He had previously introduced to the German Court his compatriot the President Maupertuis, soon however, he found in him a rival and jealousy prompted him to abandon the Court. He pleaded the state of health and begged for leave to go to Plom-

bières, urging the great superiority of these Baths over all Germain waters. Permission was granted. On his road there, he met with the most unexpected delays and difficulties, all of which were created by his Royal and tyrannic friend, Frederick the Great. To his disgust, on at last reaching Colmar, he learnt that his dreaded enemy, from whom he was escaping, the President Maupertuis, was himself at Plombières.

He decided to put up at the Convent of Senonnes. Here the hospitality accorded to him by the learned Dom Calmet, induced him, at least so he writes, to forget the world and all its annoyances.

He waited there until the President Maupertuis had left Plombières. These two authors, destined to remain rivals during the rest of their lives, agreed but on one point... the efficacity of the waters of Plombières.

Amongst other historical celebrities, who have frequented Plombières, let us mention :



View of Plombières.

Under the first Empire, the Queens of Spain and of Holland, the Empress Josephine.

Under the Restoration, the Duchess of Angoulême; under the reign of Louis-Philippe, the Duchess of Orleans, who returning home one day, from a walk, learnt the death of her husband, killed by a fall from a carriage.

The Emperor Napoléon III came eight times to Plombières and left numerous traces of his passage. Thanks to his initiative the Church, the Hospital, and « les Grands Hotels » were built, the Park and some of the principal roads were made.

It was at Plombières, that the Emperor met the Comte de Cavour and that the « Pacte de Plombières » which eventually led to the Italian war, was concluded.

During these last years the town of Plombières has been honored by the visits of the Duke and Duchess of Chartres, the Grand Vizir Midhat Pacha and the Prince Ferdinand of Saxe-Coburg-Gotha.

DESCRIPTION OF THE TOWN.

It is, as we have seen, very difficult to give a trustworthy account of the origin of the town of Plombières or the date of its foundation, and still more difficult, to follow the vicissitudes through which it has passed. All we can say is that to-day, it is a very pleasing looking little town, and a very clean one.

Situated in a deep valley, surrounded, as it were, by two mountains, it is thus protected on the South East and North West. Across the valley flows a small but rapid river called the « *Eaugronne* ». It rises at Olichamp, receives in its course before penetrating into « Plombières » the little stream of « Saint-Antoine », follows the « Promenade des Dames » and penetrates into the town passing under the « Pont des Vaches ». Once in the town, it disappears under the houses flowing on a bed formed by blocks of granite.

On leaving the town of Plombières, the stream follows a delicious valley, till it throws itself into the river Semouze. In its course, it irrigates the « communes d'Aillevillers and of Saint-Loup ».

Four roads lead to Plombières.

The first from « Aillevillers » a station on the Eastern Railway *(Chemin de fer de l'Est)*, eleven kilometres distant from Plombières. From the station of « Aillevillers » there is a branch road leading to Plombières. The Aillevillers road is one of the prettiest promenades of the environs. It follows the course of the Eaugronne, between two ranges of mountains formed by rocks of primitive formation. The summit of these mountains, richly covered with timber, rises 350 to 400 feet above the level of the stream. The road leads before « la Pierre Carraude », le « Moulin de Rouge-Bac », the hamlet « des Rouges-Vêtus ». This road will be described hereafter.

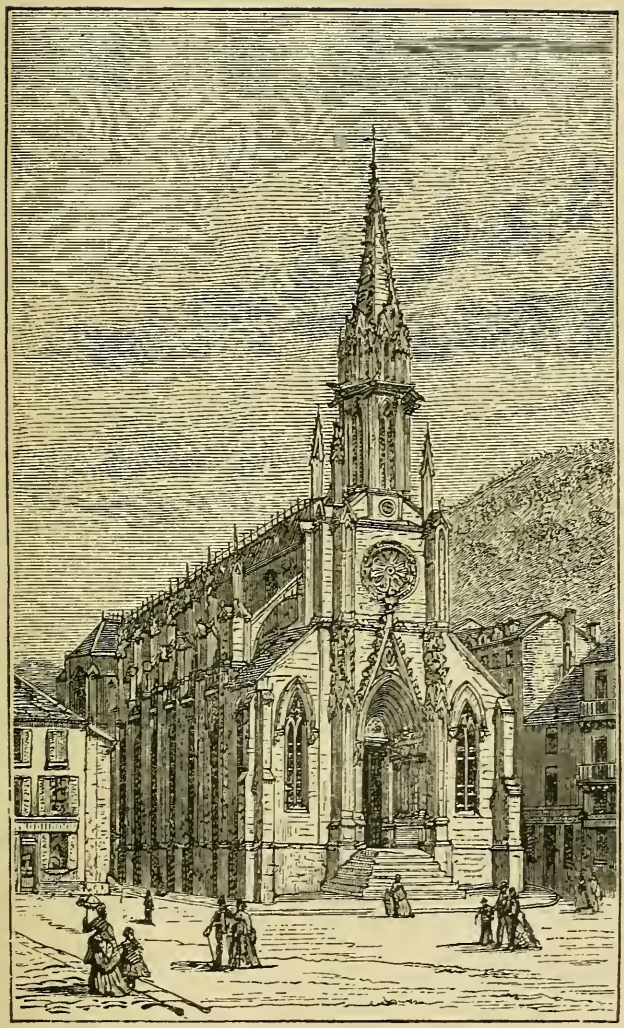
The second road, that of Remiremont, des-

cends rapidly the side of the mountain, and penetrates into Plombières by a magnificent avenue called the « Avenue des Dames ». It will be described later on.

The third route is that of Luxeuil. It follows the mountain side by a gentle slope, passes before the « Hotel of the Gendarmerie » and ends like all the other roads in the « Place de l'Eglise ».

The fourth road is that of Epinal. Leaving the heights of Ruaux, distant about two kilometres from Plombières, before penetrating into the valley, it bifurcates. One division leads to the « Grands Hotels. » The other passes in front of that quarter of the town of Plombières, which is inhabited by the poorer part of the population. It follows a steep descent to the « Place de l'Eglise ».

The « Place de l'Eglise » is a large Square, surrounded on all sides by handsome private residences above which rise the fir woods with their sombre colouring.



Church of Plombières.

Here stands the new Church, commenced in 1858 and finished in 1861, under the direction of the eminent architect M. Grillot. The cost was more than 2 millions of francs. It is in the style of the 14th century. There are three ailses leading to a central transept, terminating in a pantagonal chancel.

Its length is 50 metres and its width 18 metres and it holds 2000 persons. The lofty spire of a graceful form, rests on a pentagonal tower. Its heigth is 60 metres. Numerous difficulties had to be overcome in the construction of the Church. It was necessary to cover over the stream of the Eaugronne, and to wall on its banks by solid constructions.

The ancient hospital founded in 1390, pulled down in 1858, was situated on the space in frount of this Church. Considerably enlarged by king Stanislas, to receive poor patients from the « Lorraine », it contained 40 beds.

The new hospital due to the generosity of the Emperor Napoléon III, contains 80 beds.

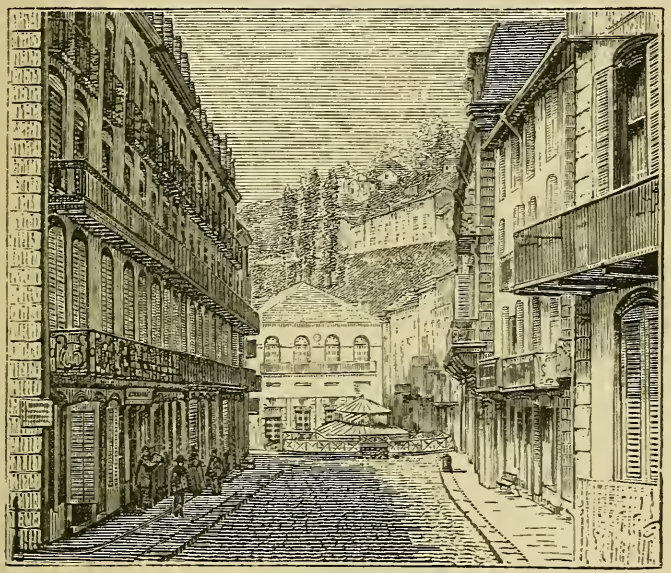
55 of these beds are reserved for civilians, 28 for soldiers. Patients are received during the bathing season from 15th of May to the 15th of September. From 200 to 300 are yearly admitted.

The sisters of the order of Saint-Charles, tend the poor patients and by their care they worthily carry out the intentions of the pious founders of this hospital.

Plombières is so situated, that it can with difficulty extend itself. It is composed of three parallel Streets. Firstly the Rue Stanislas and the Rue de la Préfecture. Secondly the Rue de l'Eglise, which becomes later on the Avenue de la Gare and thirdly the Route d'Epinal.

The principal of these Streets is the Rue Stanislas. It is wide and lined by elegant houses. On one side of this Street, we find the « Maison des Dames » which belonged formerly to the Dames Chanoinesses of Remiremont. The Emperor Napoléon III inhabited this house during his first visit to Plombières.

It has been recently purchased by the « Compagnie des Eaux de Plombières » who converted it into a new bathing Establishment called the Bain Stanislas.



Rue Stanislas.

On the other side of the Street, is the « Bâtiment des Arcades » also called the Palais Royal. Built in 1760 by the King Stanislas to commemorate the cure of his two grand-daughters

Mesdames Adelaïde and Victoire de France, the daughters of Louis XV and Maria Leczinska.

The arms of King Stanislas, which formerly decorated the door way of the old hospital, have been recently transferred to the facade of the Palace.

Beneath the arcade of the palace, which forms a pleasant promenade in wet weather, is the Source du Crucifix.

Further on, the Rue Stanislas enlarges and forms a Square on which is situated the « Bain Romain ».

Here was formerly a « Piscine », which still existed in the beginning of the 17th century.

This « Piscine » or a great Bath, was 100 metres in length and could contain 500 bathers. It was not covered over till 1830. The so called Roman Bath replaces it to-day.

One side of the Square is occupied by the Bain Tempéré and the Bain National. The floor above these baths was formerly a salon

used as a Casino. The Protestant services now are celebrated in this room.

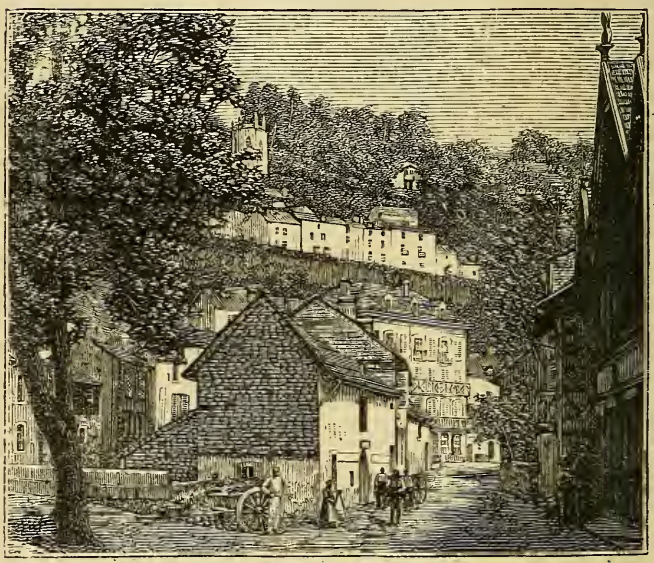
The Place du Bain Romain leads to the Rue de la Préfecture. This Street separates the Bain Tempéré from the Bain National. Behind the latter is the garden of the Préfecture, which consists of two terraces connected together by a stone staircase. Between the two staircases rises the Source of the fountain « *savonneuse* ».

Facing this garden is a small pavilion called the « Préfecture » or « Pavillon des Princes ». Here formerly the State offered hospitality to distinguished persons visiting Plombières. The Emperor Napoléon III inhabited it.

La Rue de la Préfecture is terminated by a bridge traversing the Eaugronne, which leads to the promenade where the new Casino has been built. Recent constructions have much modified the appearance of this part of the town. Here we find shops filled with magnificent embroideries, faïences of Lorraine and the no-

ted iron, and ornamental steel work for which Nancy has a so well deserved a reputation.

The so called « La petite Promenade » leads

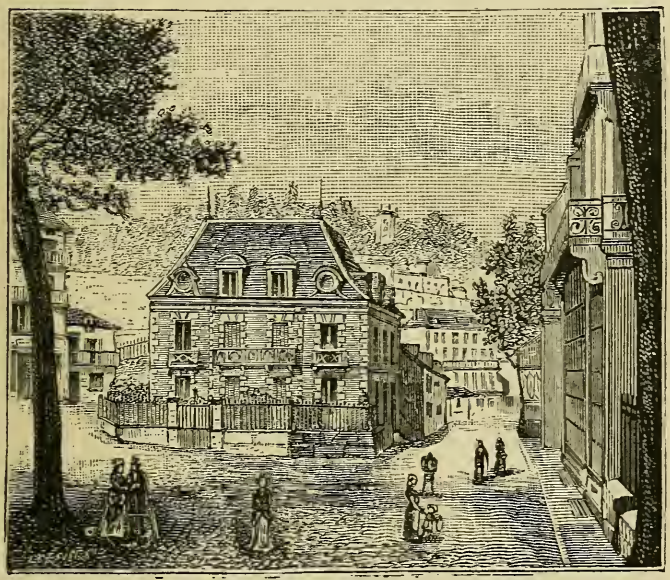


Petite Promenade in 1879.

from the town to the « Grands Hotels ». It is a Square surrounded by large trees.

Three times a day a band plays here, and whilst listening to the music, visitors can rest

in a pleasant shade. On one side of the Square, is the « Nouveau Casino » built in 1879. The Casino is formed of a Central Pavilion



Petite Promenade in 1882.

and two wings, in front of the Central Pavilion there is a handsome double staircase which leads to a Perron. In this Central Pavilion is

a hall where visitors will find English Billiard tables, the game of « Petits chevaux » and of Toupies hollandaises, etc, etc.

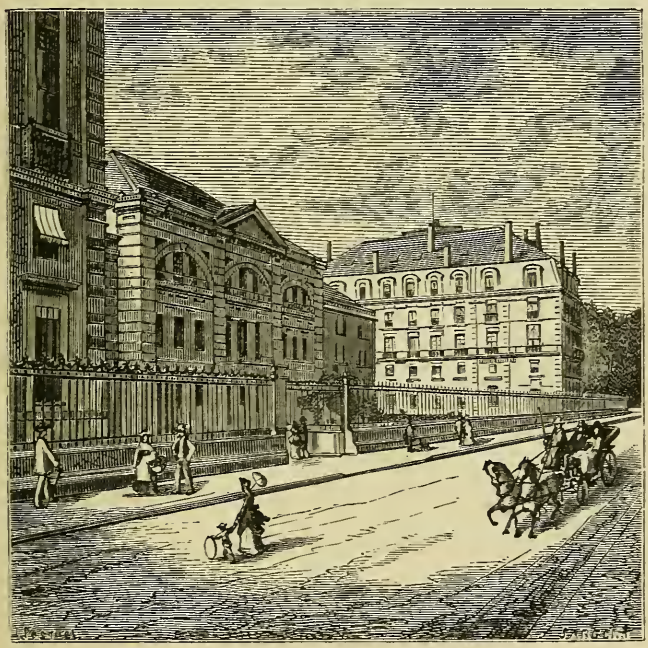
In the left wing is a theatre and ball room. Four times a week theatrical representations are given. On other days balls or concerts.

In the right wing leading one into the other, are the « Salons des Dames », the Salons de conversation, the Salle de Billards, Cafés and Salons de Jeu. Along the whole length of the building there is a Verandah, which is an agreeable refuge for visitors during wet weather.

The river Eaugronne walled in, as has been already described, by solid structures, passes beneath the « Petite Promenade ». Here where the valley grows narrower, the « Nouveaux Thermes » and the « Grands Hotels » have been built.

The « Nouveaux Thermes », formerly called the « Bain Napoléon », are some of the largest and best of Plombières and in fact of

any in existence. They are composed of three floors of Baths. The lowest, beneath the level ground, is occupied by private Baths and



Les Grands-Hôtels.

« Etuves ». On the rez-de-chaussée, that is to say, on the level of the ground, are private Baths, with dressing rooms, private Douches,

and marble Piscines or swimming Baths. On the first floor, Douches and dressing rooms. The centre is occupied by a lofty gallery of over 100 metres of length, which connects together the two Hotels built at the same time as the Baths.

These two Hotels can give hospitality to 200 persons, who will there obtain lodging and table d'hôte, and are able to take the baths without leaving the Establishment.

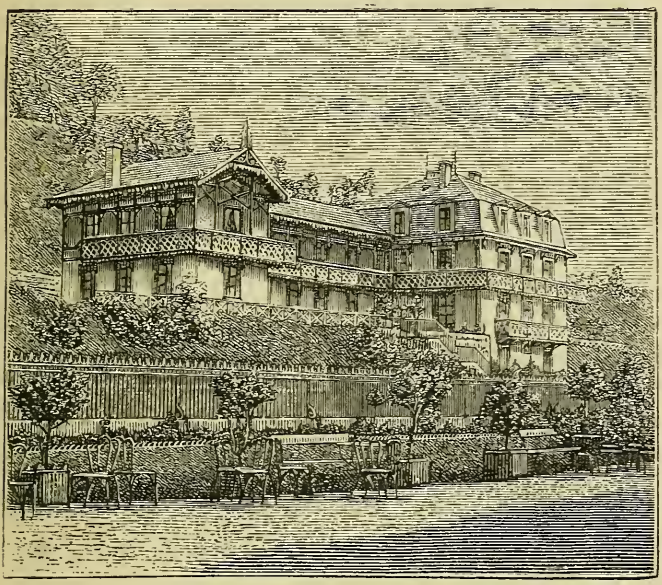
Between the Hotels and the Nouveaux Thermes, there is a large garden open to visitors, who will there find an agreeable lounge.

Here they can take a stroll in the evening before darkness obliges them to retire to the saloons of the Hotels, where other amusements are awaiting them.

In wet weather, the gallery or Hall, which unites the two Hotels, becomes a convenient and agreeable Promenade.

Opposite the nouveaux Thermes, on the other side of the Route d'Aillevillers, is the

beautiful building of the « Chalet Rose », and near it the « Chalet Tivoli », a dependance of the Grands Hotels.



Châlet Tivoli.

The western facade of the Grands Hotels overlooks the park de Plombières.

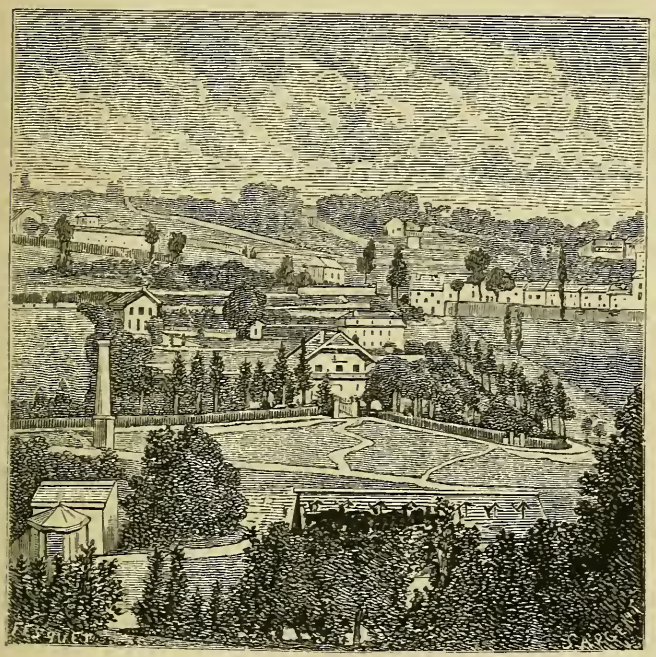
Le Grand Park, which will be described hereafter, commences at the Grands Hotels.

La Rue de l'Eglise is parallel with the Rue Stanislas. It is the continuation of the Route de Luxeuil and d'Aillevillers. *The Hopital* and *Salle d'asile* for children, is on this road as is also the *Hotel de la Gendarmerie,* which is situated, at the point where it bifurcates with the Route de Luxeuil. The Hotel de la Gendarmerie is on the spot, once occupied by a Castle built by Ferry III, duc de Lorraine, in order to protect strangers who came to Plombières, to take the waters.

The Rue d'Épinal is very steep. The houses situated on either side are inhabited by the poorer classes. Continually, passing along this street, are to be seen pious pilgrims, wending their way to the « Chapelle de Saint Joseph » and to the statue of « Notre-Dame de Plombières », intent on offering their vows.

The Promenade des Dames, situated on the Eastern side de Plombières, is the continuation of the Route de Remiremont. King Stanislas ordered its creation in honor of his grand

daughters Mesdames Adélaïde and Victoire de France.



Chalet Gentilhomme.

Numerous obstacles had he to overcome before he could finish it.

It is one of the most charming promenades

of the environs. Situated at the bottom of a valley, the sides of which are planted with magnificent trees, it is of a grandiose aspect. The river Eaugronne flows on one side and the shade thrown by the secular trees on its banks, offers a great attraction during summer months.

The Eaugronne was the scene of a remarkable historical experiment. In 1804, the great inventor Fulton exibited before the Empress Josephine a small steam boat, which passed up the Eaugronne, against the current.

At the end of this promenade, is a large manufactory of agricultural and also of instruments for domestic purposes. Six or seven hundred workmen are regularly employed in it. It belongs to M. de Pruines. Thanks to his benevolent exertions, this manufacture is a source of profit and benefit to the working population of the country.

The climate of Plombières is temperate and healthy. The air, like that of all the mountains of the Vosges, is pure.

The town is situated at 456 metres above the level of the sea, and consequently the variations of temperature are frequent, and there are certain precautions, which strangers should take and which shall be noticed hereafter.

The population of Plombières is about 1800. A large proportion of these inhabitants gain their livelihood in part, by letting lodgings.

Visitors will find at reasonable prices, good lodging and good living.

There are two other occupations for the working classes of Plombières, worthy of notice. First the manufactory of every imaginable kind of article in steel, including personal ornaments. The workmanship is really admirable and there are few strangers, who do not carry away with them some pretty little trifle, as a recollection of their stay at Plombières. The second manufacture is that of lace and embroidery, more recently established but scarcely less perfect in its execution.

Visitors can find very simple, but pretty

specimens of this work or if they prefer it, works of art, which will favorably compare with those of Venice. This manufacture is a precious resource for the working classes of the country. Children, from infancy, are brought up to it.

Plombières is a « *Chef-lieu de Canton* », It has a « *Justice de paix* », « *Brigade de Gendarmerie*, « *Bureau de Poste*, » and « *Télégraphe* ».

The waters belong to the State, but have heen let to a private Company.

Strangers will easily find accomodation in Hotels, Boarding Houses or *Maisons meublées*. Many of these Boarding houses have also « Tables d'hôte. »

Besides the Casino, there are several Cafes with Billiard tables Reading rooms and lending libraries.

The Casino has an excellent reading room, in which will be found the principal Parisian journals and many provincial and foreign ones.

The Band of the Casino plays three times a day. Every evening, when there is not a ball, there is either a theatrical or a musical entertainment.

Besides these sources of amusement, visitors will find it easy to make pleasant excursions into the country.

The beautiful scenery of the environs of Plombières is an inducement for walking excursions. The country is of easy access.

Bath chairs and des « *chaises à porteurs* » are easily to be obtained.

Amateurs of donkey rides will find these useful animals always ready, before the Casino and the « Bain Romain ».

Excellent horses and carriages are to be hired.

Strangers can thus make long excursions and visit beautiful sites, which can be compared with the most noted spots in the Alps.

CHAPTER II

THE THERMAL ESTABLISHMENT

Baths and Douches

The Establishment at Plombières is one of the finest in France.

We propose to describe its different divisions

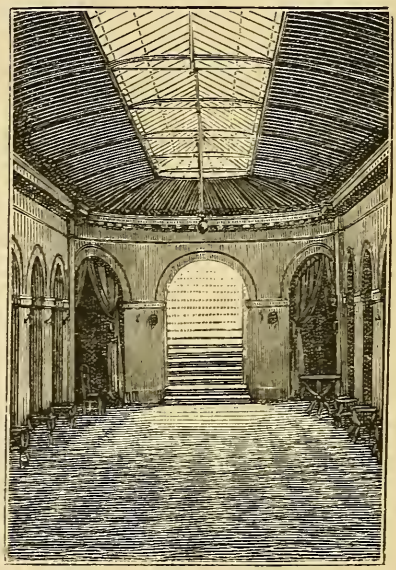
The Baths are divided into three classes, according to the comfort to be found.

Bain Romain

(first Class)

The Bain Romain situated in the centre of the town, owes its name to the fact of being

built over the remains of an ancient « Piscine » of Roman construction. It was, formerly the only Bath in Plombières.



Interior of the Bain Romain.

Historians tell us that formerly, it constituted one vast swimming Bath or Piscine, of 100 metres in length, which extended to the

point where to-day, the Bain Tempéré exists. Four or five hundred persons could bathe there together.

Even up to the middle of the 16th century, this Bath had undergone little change. The following lines, written by Joachim Camerarius in a Poem on Plombières, appear to prove this.

Primum valle Lacus patet recurva,
Diversoria quem undequaque cingunt,
In quo femina, vir, puer, puella,
Pauper, nobilis, eruditus, infans,
Et tardus senis, et levis juventa,
Quique eat integer et cicatricosus,
Quique et saucius est et ulcerosus,
Sanus, morbidus, universi eodem
Undæ membra fovent lacu calentis,
Quem circùm paries datus coercet,
Passus qui bis habet ferè ducentos.

The Establishment to-day consists of a large gallery built over the Piscine and surrounded by 24 private baths and dressing rooms.

Bain Stanislas

(first Class)

This Bath is situated in what was formerly « La Maison des Dames ».

The ground floor is composed of two large rooms, in which massage is carried on. One is reserved for ladies, the other for gentlemen.

From each of these rooms, there is a staircase leading to the Etuves.

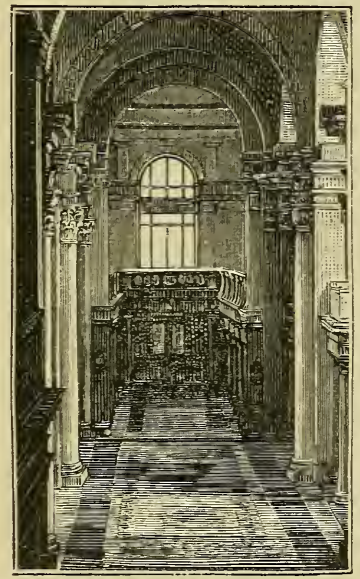
These rooms contain « lits de repos » on which patients recline whilst being schampoed, after leaving the Etuves.

On the ground floor, there is a complete Establishment in which every imaginable kind of Douche is to be found. There is also a handsome waiting room. The first floor consits of separate rooms, each of which contains a bath and a douche, to each is attatched a comfortable dressing room.

Nouveaux Thermes

(first Class)

The largest of all at Plombières, used formerly to be called the « Bain Napoléon », in



Interior of the Nouveaux Thermes.

recollection of its Founder Napoléon III. It is situated between the two « *Grands Hotels* »

and communicates with them. It is composed of three floors. On the ground floor, there are 30 rooms, each contains a bath, a Tivoli douche and a dressing room. The Tivoli Douche is a hot one, usually given immediately after leaving the bath.

Besides these 30 baths, there are 8 other rooms which contain « Douches Ecossaises », (that is to say a douche of alternately hot and cold water); and other forms of hydrotherapic appliances.

All these rooms open on a large gallery, 60 metres long and eleven high.

In rainy weather it forms a pleasant walk.

On the first floor there is a gallery running round the whole Establishment, into which open 32 rooms, containing baths, Tivoli douches, etc.

Bain National

(second Class)

Situated opposite the Bain Tempéré and separated only by the Rue de la Préfecture is

the Bain National. It is a modern construction, occupying the site where formerly stood the « Couvent des Capucins ».

The building was commenced under the first Empire and finished in 1821.

On the ground floor, there are four marble *Piscines*. The marble is of the Vosges. They can accommodate 80 bathers and are all reserved to the use of ladies. There are twenty private rooms with baths, and douches and several rooms, where different kinds of vapor baths can be given. These vapor baths are of great utility. A stream of vapor can be directed on any part of the body, on an arm, a leg or elsewhere, according to the requirements of the case.

The first floor contains of thirty rooms with baths and douches. In a separate building, but attatched to these Baths, are two piscines, lined with Vosgian marble, which were built for the use of the Empress Josephine and repaired in 1843 for Mme la Duchesse d'Orléans.

Bain des Dames

(second Class)

Named thus after the ancient and celebrated Abbaye of the *Dames chanoinesses de Remiremont.*

The Abbaye belonged to the Dames Chanoinesses from the 13th century to 1789. It was also formerly called the « *Bain de la Reine* » because the Princess of Lorraine, the Queens of Sicily and of Denmark, chose it as their Bath. Dom Calmet states that this name of « Bain des Dames », can be traced much further back, to the time of Queen Valdrade, wife of Lothaire II, Queen of Austrasia.

This Establishment is situated on the left bank of the Eaugronne and is composed of two parts. On the ground floor are two piscines, in each of which 15 persons can bathe at a time. There are also private baths, douches and dressing rooms. This Establishment

is reserved for the use of the Hospital patients.

The floor above is composed of a handsome Hall, on which open 14 private baths and douches.

Bain Tempéré

(third Class)

It was built in 1772. Whilst excavating the foundations, most interesting Roman remains were found, which consisted of copper water-cocks, parts of columns, remains of sculpture.

On the ground floor are four marble piscines, each of which is capable of accomodating twenty four bathers. They are reserved to the use of men. Around the piscines, are private baths and douches.

The Bain Tempéré can accomodate 140 persons.

Bain des Capucins

(third Class)

Is a single piscine situated next to the Bain Tempéré and communicating with it by a

covered passage. Its length is six metres by four. The water, wich comes from the celebrated spring of the Capucins, well known for its properties in cases of sterility, enters by a circular opening.

Étuves.

Two in number, the Etuves Romaines, and the Etuves de l'Enfer.

The Etuves Romaines are situated at the highest point of the town. The Romans usually built their Etuves at the point where the water was the hottest. These Etuves were lost till the reign of Napoleon III. Before this discovery, the only available ones were those called : « Étuves de Bassompierre », situated near the maison Hérisé.

This Etuve was either built or perhaps only restored by Charles-Louis de Bassompierre, who accompanied the Duc de Lorraine to Plombières.

The doorway still bears his name graven on it. For many years and even to-day they are given over to the use of the Hospital.

Whilst the Emperor Napoleon III was at Plombières, M. Jutier, the able Engineer, whilst examining the sources situated under the Etuve Bassompiere, found traces of an ancient Roman piscine. It has since been converted into two Etuves.

In 1882 a passage was made, from each of them, leading to the Bain Stanislas.

One of these Etuves, used to-day by men, has been left in its primitive condition. At one of its angles several hot springs rise directly from the granite. When this piscine was discovered, a large bronze watercock, which had been closed for centuries, but which still bore on it a key, was found. Time had stiffened it and it was at first, impossible to use it. An iron rod was introduced into the ring which surmounted it and after some efforts, it yielded and a great jet of

hot water (74 cent., 155 Farenheit) gushed out.

It is the hottest known spring in the world.

The other Etuves, destined to the use of ladies, are entirely lined with white marble. A passage leads from each of these Etuves to the Bain Stanislas, where are situated the *salles de massage*. Here there are forty rooms with « *lits de repos* », where the patients, after they have undergone massage, can take a douche or other hydrotherapic treatment. The superficial size of the Etuves is 150 square metres and M. Jutier tells us that, if it were necessary to increase this space, there exists at a somewhat higher level, another ancient Roman piscine, in a perfect state of conservation, which might be employed.

Besides these, there are other Etuves situated at the Bain National and called the *Étuves de l'Enfer*.

They are thus named from the source which supplies them, whose temperature is 65 degrees centigrades (149 Farenheit).

This Etuve is divided into different compartments, each of which is preceded by a dressing room.

The manner in which heat is used in these different Etuves, is very various.

The temperature too, is very variable and can be applied in a progressive manner, so as to enable the patient, little by little, to enure himself to higher temperatures. Temperatures which at first, would have been unbearable, are often, thanks to this progressive increase, easily supported.

The vapor can be applied either locally, to a part of the body or generally, to the whole.

There are rooms set apart for local applications of vapor, to the arms, legs or other parts of the body.

The Etuves « en Boites » deserve also to be mentioned, they consist of boxes of ingenious construction, in which the head alone is uncovered and the rest of the body is plunged in the hot vapor.

CHAPTER III

SPRINGS

The sources of mineral water are numerous, they yield together 750 cubic metres daily.

To facilitate the study of these sources, they may be divided into three categories which will be successively considered. 1° Sources thermo-minérales. 2° Sources savonneuses. 3° Sources ferrugineuses.

Sources thermo-minérales.

These waters may be divided into three separate groupes.

1° *Les sources impériales.* — Three in number, they rise at the highest point of the great

aqueduc called the Thalweg. They pass under the floor of the « Etuves » and communicate to them their high temperature. The mean temperature of these waters is 69° (156 Farenheit). They are at once the hottest and most mineralised waters of Plombières.

2° *The sources de l'aqueduc du Thalweg.* — They are nineteen in number and all rise in the space contained between the « nouvelles Etuves » and the « Bain Tempéré ». Their mean temperature is 58° (137 Farenheit).

3° *The « sources isolées ».* — They bear the following names : Muller, du Crucifix, des Dames, des Capucins, Fournie, Lambinet, Bizot, Sainte-Claire.

The most important of these, are the « *Sources des Dames* » and « *du Crucifix* ».

They are the only waters used internally, that is to say, used medically as drinking waters.

The source des Dames, called also the source « du Bain des Dames », « de Diane » or « de la Reine » rises on the left bank of the Eaugronne.

Its temperature and yield are very steady.

It is an interesting fact to notice that the engineering works, executed in 1856 did not, as was often the case, in any degree diminish either of these qualities. In the case of the neighbouring source of the Crucifix, the result was different.

The source des Dames has a well deserved reputation for the cure of cases of painful affection of the stomach and intestine (Dyspepsia, gastralgia, enteralgia, chronic diarrhoea, etc.). Its temperature is 51 cent. (124 Farenheit.)

The source du Crucifix was almost the only one used forty years ago for drinking purposes.

Since the recent works, its temperature and its yield have considerably decreased.

The temperature to-day, is only 43 cent. (109 Farenheit).

It is consequently less popular than formerly.

The following analytic table, due to MM. Jutier and Lefort, gives the mineral properties of the principal sources.

The result of the analysis of the waters, induced these eminent chemists to formulate a law, applicable in a general way to all mineral waters, namely, that there exists a direct relation between the temperature of a spring and its degree of mineralisation.

Sources savonneuses.

They were discovered in 1680 by Alliot, the physician of Louis XIV. Several of these springs pass into the « galerie des Savon-

	SOURCE VAUQUELIN.	SOURCE N° 4 du THALWEG.	SOURCE N° 1 du THALWEG.	SOURCE des DAMES.	SOURCE du CRUCIFIX.	SOURCE N° 5 Galerie DES SAVONNEUSES.
Oxygen	2 72 c cub	2 00 c cub	2 53 c cub	1 77 c cub	2 50 c cub	4 75 c cub
Nitrogen	12 60	10 19	11 86	9 62	10 50	12 24
Carbonic acid (free)	0 gr 00638	0 gr 00689	0 gr 00879	00 gr 1287	0 gr 00825	0 gr 00309
Salicilic acid	0 02155	0 02517	0 07539	0 02731	0 00739	0 04589
Sulphate of Soda	0 13564	0 11770	0 07534	0 09274	0 10070	0 04685
— of Ammonia	traces.	traces.	traces.	traces.	traces.	traces.
Arseniate of Soda						
Salicilate of Soda	0 12862	0 07998	0 07343	0 05788	0 10611	0 04209
— of Lithia	traces.	traces.	traces.	traces.	traces.	traces.
— of Alumine						
Bicarbonate of Soda	0 02288	0 01732	0 01426	0 01133	0 02092	0 00818
— of Potash	0 01673	0 00673	0 00125	0 00133	0 00234	traces.
— of Lime	0 02778	0 03541	0 04965	0 02868	0 03639	0 04451
— of Magnesia	traces.	sensible traces.	notable traces.	0 00670	traces.	0 01253
Chloride of Sodium	0 01044	0 00892	0 00794	0 00927	0 01005	0 00651
Fluoride of Calcium	traces.	traces.	traces.	traces.	traces.	traces.
Oxyde of Iron and Manganese						
Organic and azotyed products	indicated.	indicated.	indicated.	indicated.	indicated.	indicated.
	0 37053	0 29783	0 02295	0 25821	0 29823	0 19665

neuses ». This gallery is 38 metres in length. Others pass into private properties.

They are used internally in certain cases.

Source ferrugineuse.

It is also named the source Bourdeille, after the Bishop of Soissons, who discovered it in 1759. It rises in the Avenue des Dames. The temperature is 12 cent. (54 Farenheit).

Captage des sources.

The waters of different sources are united in one large gallery of 700 metres long. Into this long gallery, the streams emanating from the different springs flow.

At the extremity of the great gallery or aqueduc are several large reservoirs. Some of them are destined to receive the water after refrigeration.

The mode of refrigeration is very inge-

nious. The hot water, in small metallic pipes, is conducted through a part of the river and thus arrives cold into the reservoirs, destined for it. The larger part however of the water emanating from the great gallery and still hot, is pumped into reservoirs placed at a great height, from whence it is distributed to the different Establishments, and is employed in baths and douches.

General considerations on the chemical properties of the waters of Plombières.

Authors have arbitrarily placed these waters in different categories.

Some, amongst the bicarbonated waters, others in the *sulfurous* (*sulfatées sodiques*).

Others again amongst arsenical waters « *Arseniatées sodiques* ».

According to these last authors, the presence of arsenic is of great importance and according to some of them, the whole therapeutical value

of the waters depends on the presence of this ingredient.

The curious analogy which exists between the action of arsenic, taken medically and the effects produced by the use of these waters, has struck many authors.

This similarity of effects is especially evident in the treatment of intermittent fever, rheumatism, affections of the skin and paralysis.

M. Bazin, in his learned lectures on affections of the skin, delivered at the hospital Saint-Louis, ascribes to the waters of Plombières the properties belonging to the « eaux arseniatées sodiques », and places them in that category. He considers that this category of mineral waters has a specific influence in herpetic affections.

We are of opinion that the efficacity of these waters is not entirely due to the presence of the arsenic they contain. Their high temperature has doubtless, a great share in the good results they produce.

The manner in which they are employed plays also an important part.

But though we do not admit that arsenic is the only active agent, nevertheless we are of opinion that it has great value.

If one carefully examines the effects of arsenic administered in small doses to a healthy man and compares them with those produced by the waters of Plombières, one is struck by a great similarity of effect. We have often been in a position to remark that these two agents, arsenic and the waters of Plombières are equally efficacious in the following affections : Paludien cachexia, herpetism, arthritism, rheumatism, nervous affections, either general or localised and in the chronic affections of the digestive tube.

Mode of Application of the waters.

These waters are administered as baths, or douches, or etuves and internally.

The Etuves play an important part in the treatment of disease at Plombières.

The effect of the waters depends not only on their mineralisation, but also on their duration on their mode of application and on their temperature.

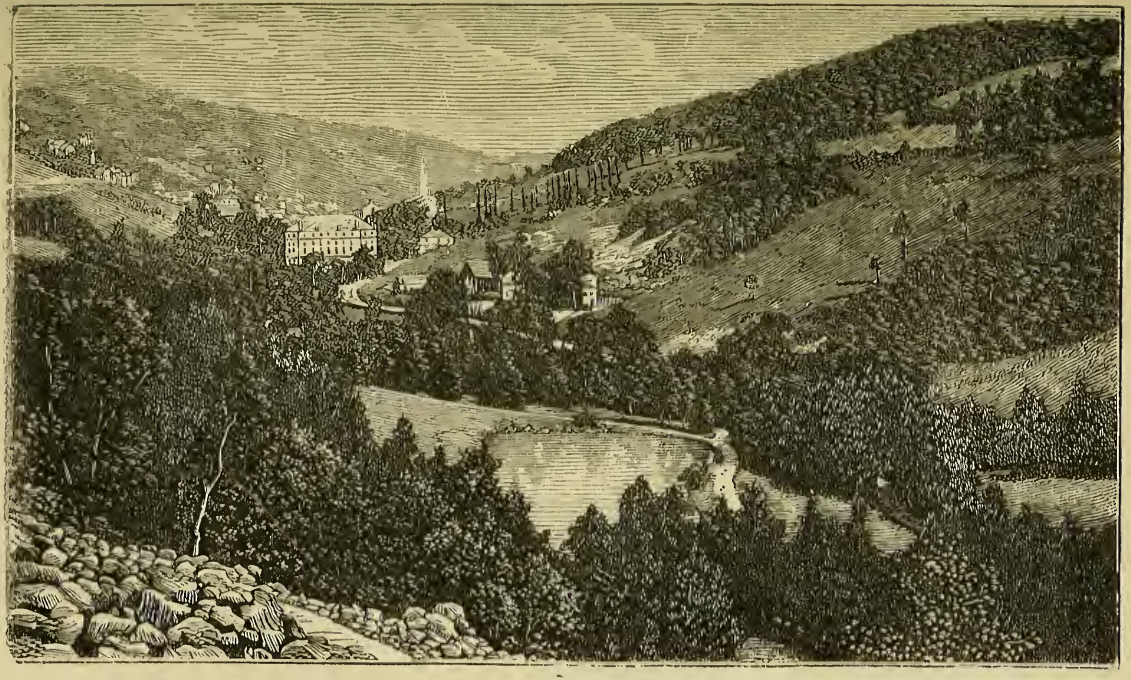
There are three categories :

1° Cool Baths.
2° Tepid Baths.
3° Hot Baths.

1° The cool baths are calming. Their action tends to diminish the irritability of the skin and its too great excitability.

These baths are generally of short duration. Their length however varies according to the constitution of the patient and the results to be obtained by their use.

2° The tepid baths are a little hotter than those of the last category. Their effect is also sedative on the nervous system and is most valua-



The Park

ble, provided that their duration is judiciously appropriated to the strength and constitution of the patient.

3° The hot baths are generally very stimulating. Their action requires careful watching. It is impossible to lay down any strict rule as to the temperature, duration or general manner in which these baths are to be given. The physician, taking into consideration the state of the patient and his constitution, can alone settle these points.

Douches.

The Douche is that form of administering the waters, in which a part or the totality of the frame is washed or percussed by water.

Douches are « generales », « locales » or « partielles ».

The « Douches générales » are divided into the following categories : « Douche en pluie », « Douche en cercle », « Douche en couronne »,

The « Douche locale » is divided into the following categories : « Douches intestinales » ou « ascendantes », « vaginales » et « périnéales ».

They can be given either hot or cold, ot with alternally hot and cold water.

They can be either stimulating or exciting or on the other hand, « derivative » or « resolutive ». It is not necessary to enter here into further details. All we need say is that since the construction of the « Noùveaux Thermes », Plombières possesses one of the most complete thermal Establishments which exists.

It is scarcely necessary to say how important has been the action of the Etuves in the treatment of Rheumatism, Gout and Obesity. Their influence has always been acknowledged.

Internally as a drink, it is especially the waters of the « Source des Dames », du « Crucifix » and of the « Sources savonneuses », which are employed.

CHAPTER IV

MEDICAL INDICATIONS OF THE WATERS OF PLOMBIÈRES

The softness of the waters of Plombières, their tranquilising and calming effects, have from time immemorial made them one of the most successful remedies for affections of the nervous system.

The action of the nervous system can either be exagerated, or diminished. Thus, in some cases, one sees symptoms of exagerated action with nervous *erethisma.* In others, symptoms of torpor, prostration of the nervous system

and consequent disturbance of all the functions which depend on their action.

To meet the indications of the first series of these cases, we must seek for agents, whose effects will be calming and sedative. To meet those of the second series, we must look for agents, whose action will be energetic and stimulating. The waters of Plombières can meet these requirements according to the mode of their administration.

The Physician must therefore so direct the treatment as to obtain one or other of the required effects. The principal property however of these waters is a calming or regularising one on the nervous system. It is to this sedative action that the principal effects of the waters of Plombières are due.

The waters can be used however not merely so as to obtain a sedative action, but so as to ensure at the same time a derivative, a tonic or a stimulating one.

It is the carefully combined use of these dif-

ferent methods which produces the most satisfactory results.

Diseases of Intestinal tube

Affections of these organs are very frequent, they are also those most often treated at Plombières.

It must not however be rashly argued, that these waters suit every kind of disorder of the digestive tube. We will here briefly indicate those which are likely to receive most benefit from their use.

Gastralgia

One of the principal triumphs of the waters of Plombières is in those disorders, where the element pain predominates. Gastralgia is therefore an affection which has often been happily treated at Plombières.

The treatment is particularly successful when the pain of the Gastralgia is fixed and especially when the affection is dependant on the rheumatic Diathesis or when it is more or less complicated by Dyspepsia.

Dyspepsia

It would be too long to describe here every kind of Dyspepsia. These waters are especially useful in cases of Dyspepsia, dependant on the rheumatic or herpetic Diathesis. But the best results, due no doubt to the sedative effects of these waters, are found in the treatment of the flatulant and painful forms. (Dyspepsies flatulentes et douloureuses.)

We may say as much of Stomachal Vertigo. (Vertigo a stomacho laeso.)

In numerous cases, Gastralgia and Dyspepsia are found as secondary affections amongst a cortege of other symptoms, due to different pri-

mary diseases. The general health fails, the patients do not eat or cannot digest and daily lose flesh and strength. In these cases, the sedative effects of the waters of Plombières, are most useful.

M. le professeur Axenfeld has thus tersely formulated the indication of these waters, in such circumstances.

« To relieve pain is often the best mode of assuring digestion and assimilation. Is not therefore the relief of pain the first indication in the treatment of many neuropathic conditions, dependant on a general state of debility? " In truth a disease may be successfully combated by a remedy which is directed only against its secondary effects. We are therefore authorised to say that, whenever digestion is painful, whatever the primary cause, the waters of Plombières may be employed with good hope of success. Their sedative effect will infallably produce a notable amelioration of the nervous phenomena and we may even expect,

that in certain cases, by a happy action on the general condition, their use will result in a complete cure. (Bottentuit, *Traitement des dyspepsies, 1869.*)

Diseases of the Intestines

What has been said above, concerning the affections of the Stomach, applies with equal force to these of the Intestine, such as : Enteralgia, gastro-intestinal Dyspepsia, etc., etc.

The Diathesis plays here too an important part. The intestinal affections dependant on the rheumatic and herpetic Diathesis, are those in which these waters are most successful. There is a categorie of affections of the Intestines, in which the waters of Plombières act, one may say, as a specific, namely in Chronic Diarrhea. Before however prescribing the mode of treatment by these waters, in each particular case of Diarrhoea, the Physician

should inquire into its nature, its causes and its complications.

We will not enter here into further details. The reader who wishes for more information on the point, whill find it in our work on Chronic Diarrhoea[1].

To resume, the action of these waters in the affections of the intestinal Tube, is twofold. They relieve the pain and by their action on the nervous system, regularise the functions of the Intestine.

Diseases of Women

These diseases are, after those of the intestinal tube, the ones most often treated at Plombières.

The mode of treatment varies much with the

1. Bottentuit, *Des diarrhées chroniques et de leur traitement par les Eaux de Plombières*, in-8° de 128 pages; 1873.

form of disease under which the patient suffers. We may repeat what we said above, namely that here too the Diathesis plays an important part. Let us state at once, that patients suffering from the rheumatic or herpetic Diathesis, will derive great benefit from the use of these waters, whilst, on the other hand, those suffering from the scrofulous Diathesis or from chlorotic affections, should seek other stations. One of the most important elements in the study of uterine affections, is the nevropathic element.

This, in many cases, is the one which should be combated most vigorously, because, on the one hand, until relieved, there is little or no hope of cure, and on the other hand, it is a direct obstacle to the action of all general modes of treatment. The sedative effects of the waters of Plombières, are in such cases, of great benefit.

The calming and sedative mode of treatment by these waters, is useful in cases of Uterine

Neuralgia, Irritable Uterus, etc., and especially in chronic Metritis.

The stimulating treatment, should be directed against certain functional troubles of the Womb, Dysmenorrhoea, Amenorrhoea, Sterility, especially when due to a faulty developement of this organ

Gout. — Rheumatism.

From time immemorial, Plombières has been a favorite resort of sufferers from Gout. The great and ancient reputation of these Baths, proves that the results of the treatment, have in such cases, been fortunate.

So numerous were gouty patients, that the Bain des Capucins was formerly called the « Bains des Goutteux ».

The waters of Plombières and the treatment adopted there, is especially suited to cases of chronic Gout, offering a fixed and persistent character. We must however add, that these

waters are very useful in cases of Gout, accompanied by nervous erethisma.

The waters of Plombières are not less sovereign in rheumatic affections. They possess two properties which are of the greatest utility in the treatment of such cases. 1° Their high temperature. 2° An Establishment fitted with the best and most varied appliances to be found anywhere.

Patients who cannot bear the Douches or the Etuves at other Stations can, thanks to a judicious use of the Baths, support them and will reap great advantage from them. In such cases the Douches and Baths are given simultaneously and thus the sedative effect of the Bath diminishes the exciting action of the Douche, without destroying its stimulating qualities.

Rhumatism, as is well known, often attacks the Viscera. Its commonnest manifestations are those of Gastralgia and Enteralgia. Often it assumes other forms, less frequent perhaps, but more difficult to trace.

In all such cases, the waters of Plombières have a happy effect, but more than that, they combat, not only the effects of the rheumatic Diathesis, but the Diathesis itself, which is the origin of all these troubles.

Affections of the nervous system

The waters of Plombières will be found very useful in the treatment of Neuralgia. But it would be an error to suppose that every case will be benefitted by them. We have already studied some forms of visceral Neuralgia and shown in what cases they can be successfully treated here. It is especially when the affection is under the influence of the arthritic Diathesis, that these waters are likely to render great services.

Inflammatory Sciatica or Neuritis, as well, as rheumatic Sciatica, can be cured at Plombières. Before however instituting the treat-

ment, it is necessary to determine to which of these two classes, the Sciatica in question belongs, because the treatment to which the patient ought to be submitted, is very different.

The treatment which will produce good results if we have to do with a Sciatica of rheumatic origin, will aggravate one, of an inflammatory nature. There is a third kind of Sciatica, that which is the result of some internal compression.

It is easy to understand that the prognosis of these affections depends on the seat and cause of the compression. The treatment is also subordinated to the same considerations.

Paralysis

The forms of Paralysis differ according to the seat of the lesion. Whether in the brain, the spinal cord or the terminal nerves.

The waters of Plombières are especially

useful in the different forms of Paralysis dependent on alterations of the spinal cord or its envelopes. We have often seen, after a treatment by these waters, complete cures of Paralysis and Paraplegia of rheumatic origin.

These waters are particularly indicated where the nervous affection is accompanied by hyperesthesia. This symptom indicates that the excito motor action of the sensitive nerve is not entirely abolished and that there is a morbid tendency to exageration rather than to destruction of the function.

Affections of the Skin

These waters are useful also in certain affections of the skin. The great dermatologist Biett recommanded them in the papulous forms, in Psoriasis diffusa and in certain forms of Eczema.

More modern authors, amongst whom the

late Dr Bazin, the celebrated Physician of the *Hôpital Saint-Louis,* writes that the uses of these waters are numerous. In the foremost rank, we must put the manifestations of the herpetic Diathesis.

Hygienic Precautions

It will be wise here to add a few words of advice to visitors, on questions of Hygiene.

Plombières is situated in a mountain district and here as elsewhere, in such circumstances, the changes of temperature are rapid and the evenings and nights are cool. The traveller who leaves the hot climate of Paris, ought to bring with him warm clothing to use in the cool evenings of this mountain climate. The season opens on the 15th of May and closes at the end of September. The moment which patients should choose for their visit, is not indifferent.

Rheumatic and gouty patients and these

suffering from Neuralgia, should give the preference to the early season. There is a danger in the latter part of the season, of the action of the cold, following on the treatment by hot baths. The warm summer weather offers them certainly advantages for their treatment, which are not to be had later on in the year. For patients suffering from nervous affections of the stomach, or for those labouring under cutaneous or uterine affections, the choice of any particular moment of the season, is without importance.

CHAPTER V

WALKS AND EXCURSIONS

Walks

The public Park extends in front of the great Hotels by the Route d'Aillevillers.

The Emperor Napoléon III was the creator of this Park.

It is a long garden situated on the bank of the river Eaugronne.

The Railway station to-day, unfortunately separates it from the river. The construction of that station deprives it of a large space and also of one of its most picturesque sites.

The Park is laid out, à l'Anglaise.

Several avenues lead to a central lake. This lake, situated in an open space, has like the Park, been unfortunately diminished, owing to the construction of the station before mentioned. The administration is careful to keep the lake well stocked for those who like the sport of fishing. It is large enough to permit boats to circulate.

The principal avenue of the Park leads to the « Fontaine Stanislas » the road winds through a series of broken rocks, of wild appearance, called in the country « *Murjets* », which geologists denominate « *Moraines* ».

These « *Moraines* » are not rare in the Vosges, and are frequently found in the environs of Plombières. There are several sorts, some are due simply to the destruction (fragmentation) of rocks, others really deserve the name of « *Moraines* » and are due to the melting of the glaciers, which formerly covered our mountains. The native peasants, less learned doubtless than modern geologists, tell us that these

rocks are the works of fairies. This is how they explain their origin.

The fairies in order to avoid the trouble of climbing the mountains, when they wanted to pass, from one mountain to the other, determined to construct bridges, which would connect them together.

But as all of us know, the wicked fairies can only work at night, and at break of day all their power disappears.

One night, when all were working, the cock crew, day had dawned, their work was interrupted and in their hurried flight, they let fall the big stones they were carrying. Thus were produced the « *Murjets maudits* » which are now called by the peasants « *la Chuée des Fées* ».

At one end of the Park, near the entrance of the wood, there is an excellent Establishment for Pistol and Carabine practice « *Tir au Pistolet et à la Carabine* ».

This Establishment is the property of the Society of the « *Société des Francs-Tireurs des*

Vosges », who kindly offer the use of the Establishment to visitors.

Every year there are prizes distributed to visitors.

On leaving the Park by the Route d'Aillevillers, one sees on the right « La Fontaine Caroline », erected in 1823 by M. Delessert, Prefect of Police under the Restauration, in commemoration of the cure of his daughter.

Stanislas Fountain

The road leading to this Fountain is one of the most popular. It is only 3 kilometres long. The road is a charming one, the views beautiful. We leave the Park by the avenue which passes in the middle of the « Chaos ou Murjets » and penetrating into the wood, arrive by a road on the flank of the mountain, which follows its contours.

The stranger is protected from the hot rays of the sun, by the thick foliage of the ash and

the fir and yet he can see, lying at his feet, the park and the mountain rising on the other side of the valley.

Soon the traveller reaches the open space which precedes the culminating point where the « Fontaine Stanislas » is situated, he then perceives the panorama in all its beauty.

The « Fontaine Stanislas » offers a small stream of water, rising from an immense rock, whose summit is curiously crowned by the roots of an ancient oak.

The stream of waters is fresh and pure, but so little abundant, that it has inspired the following lines graven on the sides of the rock.

Heureuse du nom qui me reste,
Bon roi, si je pouvais jamais recueillir
Les pleurs dus pour jamais à votre souvenir,
Je ne serais pas si modeste.

ANONYME.

The rock bears several other inscriptions.

The most notorious is that of the Chevalier de Boufflers :

Fontaine que le nom du plus aimé des rois
Doit rendre à jamais chère à toute la contrée,
Ne vous attendez plus à vous perdre ignorée
Sous l'herbe et la mousse des bois :
Stanislas vous a consacrée.
Glorieuse d'un nom si beau,
Que le murmure de votre eau
Parle de Stanislas à la race future.
Simple dans sa grandeur, bon comme la nature,
Son règne pastoral fit croire à l'âge d'or.
Votre onde est, à nos yeux, bien pure ;
Son âme était plus pure encore.

The tragic end of the good King Stanislas is well known. Having risen early, as was his habit, on the 5 February 1766, he imprudently approached too near the fire place. His dressing gown caught fire. He rang the bell, no *valet de chambre* was at hand. He strove to extinguish the flames himself, but in so doing, fell into the fire. His hand falling in the red hot coals, he fainted from pain.

An Officer of the Household perceived the odour of burning, but he considered that Etiquette forbade him entering into the King's room.

He called the *valet de chambre*, who finally arrived; but too late. They dragged their master from the fire. The wounds of the poor King were horrible, his sufferings terrible. However, though he was 88 years of age, he survived to the 23 of February. The grief of the Lorrains was extreme. During the last moments of their good and well beloved monarch, all the avenues of Luneville were filled by crowds of his anxious subjects.

Even to-day, more than a century after his tragic death, the memory of this good King is affectionately cherished in the country.

Ferme Jacquot

For those who do not wish to undertake long excursions, the « Ferme Jacquot » will

prove an agreeable walk, of moderate length. It is protected from the heat of the sun, and at the end there is a pleasant resting place. The « Ferme Jacquot » may be called a retired little park, rich in vegetation and offering a beautiful view over the town and valley of Plombières. The proprietor, M. Herisé, kindly allows all visitors to enjoy themselves there, and in consequence it has become the favorite walk of idlers. In one of the avenues, is to be found a little spring, which bears the following inscription.

Ne trouble point mon cours, si ton cœur est blessé.
Ma source ne vient pas des rives du Léthé.
L'amour, de tes douleurs, en se faisant un jeu,
Rend mes eaux sans vertu pour éteindre ton feu.

Fontaine du Renard

The road leading to this spot is very agreeable. The views are pretty and its proximity to the town renders it a favorite walk. Distant only

2 kilometres from Plombières, it requires only about half an hour to reach it; less to return home, as then the road is down-hill. Two roads lead to the fountain. The longer is the easier one, but the shorter is the more picturesque. These two roads lead to a narrow and most picturesque alley, traversing the woods.

On the road, one notices several springs rising from rocks, covered with ferns and other plants One of them bears on its side the following inscription :

Toujours vive, abondante et pure,
Un doux penchant règle mon cours;
Heureux l'ami de la nature,
Qui voit ainsi couler ses jours.

Near this fountain is a rustic hotel where the traveller may rest and refresh himself.

Moulin-Joli

Leaving the « Promenade des Dames » and turning on the right, one falls on a charming

alley which ascends the valley, following the stream of Saint-Antoine. Soon one finds a small fountain dedicated to the recollection of Mme Guizot, the first wife of the celebrated minister in the reign of Louis-Philippe.

Mme Guizot was a well known authoress whose literary reputation is still great. This little monument, destroyed in 1848 from political animosity, has since been rebuilt. Further on the road, one finds a mechanical saw-mill, which presents a picturesque appearance. Still further on, after half an hours'walk, the «Moulin-Joli» appears. A pleasant little wood with sweet shade precedes it. The sole interest this building offers, is the fact of its having been a favorite resort of the Empress Josephine.

She used often to breakfast there when she was at Plombières. On returning home, one passes by the Fountain Pauline. It is difficult to reach, owing to the artificial irrigation of the neighbouring meadows. The fountain

springs from a rock, on which the following lines are inscribed :

A l'aimable simplicité,
A la grâce modeste, à la douce bonté,
Qui, versant ses bienfaits, en cache l'orgine,
On consacra mes eaux : je m'appelle *Pauline*.

Chapelle Saint-Joseph

To reach the Chapelle Saint-Joseph, one must take the « Route d'Epinal » On the right of the street one finds a steep, narow, stony and difficult path, which leads to the statue of the Holy Virgin.

The Virgin is represented extending her arms over the town, as in the act of blessing it.

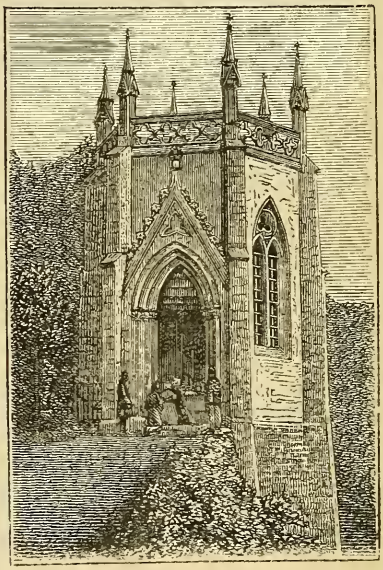
On the piedestal are graven the following words :

Custodem me posuerunt.

Between the statue of the Holy Virgin and the Chapel of Saint-Joseph is a terrace which

commands a magnificent view of the whole town.

Every evening, numerous candles placed by



Chapelle Saint-Joseph.

postulants before the shrine of the Virgin burn, and their bright light seen from the town of Plombières, produces a most picturesque effect.

EXCURSIONS

Les Feuillées

There are two sites which bear this name. Both command the *Val d'Ajol* and the pretty little village of *Laitre*, with its silver stream flowing through a fertile country. The richly cultivated ground contrasts beautifully with the surrounding woods of dark foliage.

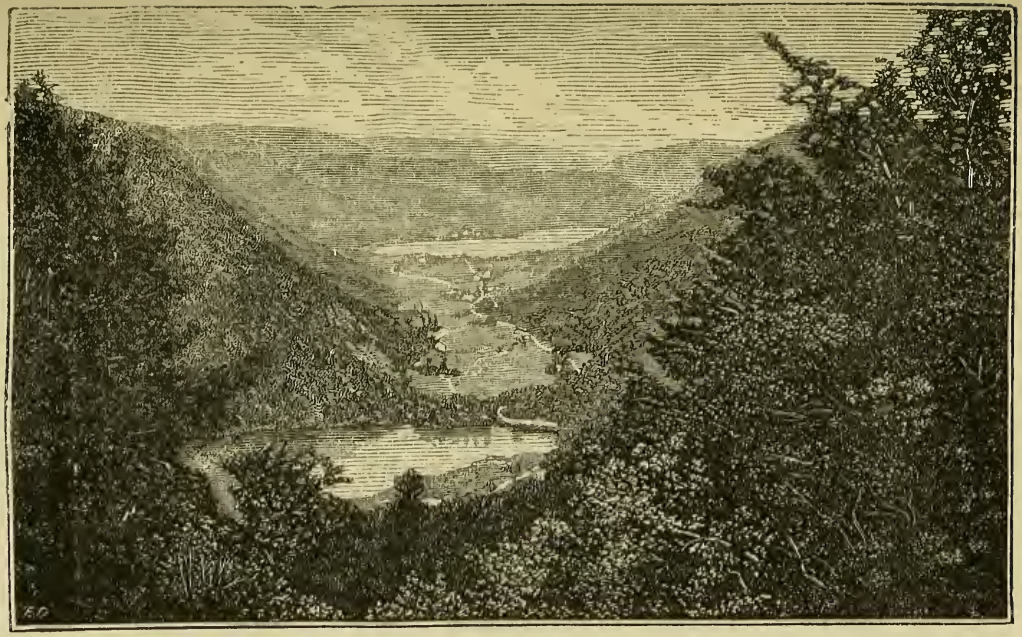
Strangers must not hastily conclude that the name « *Feuillées* » necessarily indicates a retired and shady spot. This name has quite another origin. Years ago, the excursions around Plombières took place in carts drawn by oxen. This mode of travelling was not, we can well imagine, either very comfortable or rapid. To diminish the dullness of the excursion, it was the fashion for the visitors, to join together and form parties. As these

parties took place in summer, it was the habit to cover the open carts with branches of trees and other foliage and thus to form a tent, called in french a *toiture de feuillage* ou de *Feuillées*. The name which originally belonged to the vehicle, was later on, applied to the spots to which they were often driven.

The more celebrated of these Feuillées is the Feuillée Dorothée. The other one is called : « La Feuillée nouvelle ». The view obtained from these points can be compared with the most beautiful views of the Alps or the Pyrénées.

The Feuillée Dorothée was so called after a Proprietor, a peasant woman, but also a poet, who dealt in musical instrument called : « Épinettes ». She enjoyed formerly a great reputation as a poet..... at any rate in the country.

Between 1828 and 1867, she received the visit of many noble persons. Amongst others, that of the Duchess d'Angoulème, to whom, by permission, she dedicated an ode. Later



Lakes of Longemer and Retournemer.

on, the Duchess d'Orléans was the subject of her verse and finally the Emperor Napoleon received the same homage. Dorothée is gone, but the Feuillée still bears her name. Epinettes are still to be bought there. Dorothée's old album is still preserved and visitors have only to ask to be allowed to see it. The perusal of her poetical works will procure half an hour's amusement.

The new Proprietor of the Feuillées has made great improvements; amongst others a pathway leading from the Terrace, along the side of the mountain, towards Faymont. The view over the valley des Roches, is beautiful. The Feuillée Dorothée is one of the most popular excursion. There is a restaurant, where a good meal is to be had.

La Feuillée nouvelle is a little further off. Situated on the picturesque road of the Val d'Ajol, it commands a view not less beautiful than that which we have described as lying before the Feuillée Dorothée.

Val d'Ajol

On leaving « la Feuillée-Nouvelle » one takes a beautiful road, which leads by an easy descent to the village of Laitre, which is situated in the centre of the Val d'Ajol. Through the village passes the stream of the Combauté, which in its passage, works the wheels of several manufactures.

This village is celebrated as the birth-place of the family des Fleurot.

The Fleurot have been celebrated for seven generations as bonesetters or « rebouteurs or renoueurs ». They were already celebrated in 1755. M. Morand, Docteur Régent de la Faculté de Médecine de Paris, wrote thus about them : « There are two families of that name, who throughout the whole of the Lorraine, enjoy a reputation equal to that of the Nursins in Italy. The Nursins, for the operation of the stone, the Fleurot, for the cure of

luxations and fractures. Their success in the exercice of their art and their reputation dates back, for several generations. They are called « The Fleurot ». There is the old and the young Fleurot. They are both called « les hommes de la Broche. » The Broche is a little village of the Val d'Ajol. »

The Duke Leopold of Lorraine offered them as a recognition of their charitable acts, titles of nobility. The family, after deliberation declined this offer. Our children, said they, will perhaps not be of our mind, elated by their rank, they will cease to render services to the poor, they will cease to cultivate our paternal acres. The Benediction of God will forsake them. Dissentions will enter into the family, happiness will disappear.

Vallée des Roches

On leaving the Val d'Ajol, one enters into the « *Vallée des Roches* ». At the entrance of

the Vallée des Roches is the « *Cascade de Faymont.* » A pretty little water-fall, five minutes distant from the main road.

Cascade de Faymont.

The Vallée des Roches is one of the most picturesque of the environs of Plombières.

The smiling landscape which precedes this spot, offers a great contrast to the savage beauty of the Valley, with its sinistre vegetation and its hanging rocks. A little further, is the « *Cascade du Géhard* ». Carriages can pass under the Cascade, on a stone bridge. A little path winds round the Cascade and allows visitors there, to see it in its several aspects. There is no danger in the promenade, for the « Administration des Forêts » has prudently placed wooden railings everywhere, where otherwise there might, have been risk.

Abbaye d'Hérival

The « Vallée des Roches » ends at Hérival.

Hérival is surrounded on all sides by mountains clothed with fir trees. Here are the remains of the ancient Abbaye, inhabited formerly by the Confessors of the Dames Chanoinesses de Remiremont. It was founded towards the middle of the 11th century by

Angibalde. The original laws and statutes of this religious house were so stringent, that no one could submit to them. The Brothers were bound to perpetual silence. Pope Honoré II induced the monks who had deserted their Order, to accept the milder rule of the Order of Saint-Augustin. There still remains a beautiful Cross of Sculptured Stone and a Portico where one sees the Monogram d'Hérival.

The Sculpture is worthy of all attention. The manner in which the letters are enlaced one in the other, is really interesting.

There are a few other remains of this ancient building. It as been replaced by a farm belonging to a member of the family Fleurot, of whom we have already spoken.

Valley of Semouze

A few miles distant from Plombières, this savage but picturesque Valley, situated in a hollow surrounded by woods, terminates in

the rich plain of Aillevillers. To reach it, starting from Plombières, one must take the « Route d'Epinal », to the « Chemin du Blanc Murger », on which are situated several manufactories. From that point, one follows the road which descends into the Valley of the Semouze, so named from the river which flows through it. This stream provides water-power for several manufactories situated along its course.

The most important of these, is that of M. de Pruines. In this establishment and in one at Plombières, he gives employment to the greater part of the working population of the district. The Manufactory of M. de Pruines is open to all visitors. The courteous reception accorded to strangers, induces many to make a call there.

Following the course of the Semouze, one reaches a beautiful property called the « *Chaudeau* ». Visitors are allowed to visit the gardens and the works. Following the stream,

one soon reaches Aillevillers and thence can return to Plombières by the Valley of Saint-Loup.

Following the Valley, one passes « la Pierre Carraude ».

The « Pierre Carraude » probably of Druidic origin, is a most interesting object. It consits of a vast fragment of stone more than 18 feet in height, which rests by a single point, on an inclined platform, facing the Valley. As one follows the stream of the Eaugronne, one reaches the « *Champ des Rouges Vêtus* », « *le Moulin Rouge Bac* » « *les Baraques Rougemont* ». According to tradition, these places owe their name to the fact, that formerly strangers dressed in red, fixed their abode in these points. It is certainly true that in 1444 the Dauphin Louis, son of Charles VII of France, whilst making war in favour of the Emperor Frédéric III, received into his army a large number of English mercenaries. It is believed, that later on, they settled in this part of the country and thus the names originated.

Fougerolles and Luxeuil

Few visitors leave Plombières without having paid a visit to the pretty village of Fougerolles. Fougerolles is a straggling village of picturesque aspect, surrounded on all sides, by a forest of Cherry-trees.

These Cherry-trees are a source of revenue to the inhabitants. They yield a Kirsch whose reputation is not less celebrated than that of the Black Forest. Here are the ruins of an old Feudal Castle, well worthy of a visit.

Luxeuil can be visited from Plombières, either by a carriage or by train.

The objects of interest at Luxeuil are its Establishment of mineral waters and the ruins of an ancient Monastery, founded towards the end of the 6th century, by St-Colomban. What remained of these buildings in the 14th century, was converted into a Seminary.

There are several other buildings in the town, which date from the same century.

The house of the Cardinal de Jouffroy is especially worthy of notice.

Bains

This pretty town is situated in a hollow, surrounded on all sides by hills, covered with trees. Its origin is probably the same as that of Luxeuil and Plombières and traces of Roman occupation have been found here also.

The road leading to Plombières, passes across the forest of Fays. Here are seen some interesting remains of an Edifice, the origin of which cannot be traced.

The legend current in the country, relates that is was due to the Witches. The Witches who loved this country, determined to build a Palace. Already the walls rose to a certain height, when the birth of our Saviour put an end to the reign of these pernicious creatures and with it, to their Palace.

It is related in the country, that often, bela-

ted foresters returning home at night, have seen these witches indulging in their infernal dances.

Remiremont

The road leading from Plombières to Remiremont, is about 12 kilometres long. Starting from the « Promenade des Dames », it follows the right bank of the Eaugronne. It passes between the forest of Humont and a wide extent of green grass, enclosed by a pine forest.

Remiremont is a pretty little town, situated on the Moselle, in a hollow. Several small streams, passing between the mountains, centre here and throw themselves into the Moselle.

Owing to its beauty, it has been surnamed the « Coquette des Vosges ». Remiremont is no doubt, a very ancient town.

The story runs that Romaric, the favorite of Queen Brunehaut, tired of the frivolities of Court life, accompanied by his two daughters

and St-Amé, retired to a Castle on Mont-Habend, situated opposite the town; it has since been surnamed the Saint-Mont. On the remains of an ancient Roman camp, he built a monastery, to which, persons of high nobility of either sex were admitted.

St-Amé and Ste-Maiteflède were the first Directors.

Towards the beginning of the 10th century, this monastery was destroyed by the invasion of the Huns. The sacred house was entirely ruined and the nuns had to fly for refuge to Remiremont. It is from this epoch, that the celebrated Chapter of Remiremont dates. At first, it was a refuge for noble Ladies, belonging to the families of the Lorraine and of Burgundy. Later on, Ladies of the highest families of France and Germany, considered it a great honour to be numbered amongst its inmates.

Proof of an unbroken line of noble descent during five centuries, was required for admis-

sion. Each century was supposed to contain three generations.

During that period, no mesalliance could be tolerated. Consequently amongst these humble servants of God, were to be found none but Baronesses, Countesses, Princesses, all bearing great names and many nearly related to sovereign houses.

These rules were so rigorously enforced, that difficulties were raised before admitting a Princess of the House of France, because of the alliance of the Valois and the Bourbons with the Medicis. A brief of Pope Benoit XIII in 1384, addressed to this Chapter, solemnly lays down these rules and orders, that only Daughters of Princes, Dukes, Counts or Barons or of ancient families of Knights, on the paternal and maternal side, could be admitted.

The Chapter held almost sovereign rights over the town and neighbouring country. After 1310, the Abbesses of Remiremont, took the title of Princesses of the Holy Empire. The

Chapter was often at variance with the Dukes of Lorraine, who saw with displeasure this part of their domain, withdrawn from their immediate control.

The history of Remiremont is full of accounts of these struggles for power. One of the most remarkable incidents was that which happened in 1293, when Duke Ferry sought, on his sole authority, to build the « Chateaufort de Plombières ». After a struggle, the Duke had to yield to the « Dames Chanoinesses de Remiremont ».

A remarkable instance of their energy, took place in 1638. The recollection of it is still fresh in the country.

In July 1638, the great Turenne laid siege to the town of Remiremont, which was held for the Duke of Lorraine and the Emperor of Germany, by a small garrison. The great Turenne thought that he would easily reduce so feeble a place, and so despicable a garrison. His mistake was great, Catherine of Lorraine,

the Abbess of Remiremont, organised the defense of the town. At the head of the Chapter, she mounted the ramparts, she encouraged the soldiers and exhorted by her words and her example, the very women and children, to combat the enemy. Her courage communicated itself to all around her. Afte several unsuccessful attempts, Turenne was obliged to retire, with the loss of 800 men killed or wounded. The loss of the defenders only amounted to the death of two men.

It is a notable event in history, to see so great a General as Turenne, obliged to retire before a garrison of Nuns.

The last Abbess was a Princess of the House of Condé.

Part of this Abbatial Palace was destroyed during the great Revolution.

The Mairie and the Municipal Library were established in what remained of it. They were destroyed by fire during the winter of 1870 to 1871. They have since been rebuilt. The

Church of Remiremont, which also took fire at the same time, was fortunately preserved. It deserves a visit. Tourists should also go to the Calvaire, where they will find a beautiful and extended view.

Route de Gerardmer

We will now describe the different points of view which the Tourist will meet in going from Remiremont to the Schlucht. This is the most interesting and beautiful excursion of all those which can he made from Plombières and in it, will be found all the most celebrated points of view of the Vosges.

Le Saint-Mont — Le Pont des Fées

After crossing the Moselle and following the Route of Gerardmer, one reaches the foot of the Saint-Mont, distant about three kilometres from Remiremont. It is a lofty moun-

tain, covered with fir trees and studied here and there by granitic roks, bare of all vegetation.

The view from the top of the mountain, 678 metres high, is magnificent.

Numerous streams flow on all sides, down to the valley of the Moselle, which runs along the foot of the mountain. The valley is shut in, by the Ballons d'Alsace, de Servance and the forest of Fossard.

The Pont des Fées is a remarkable construction. It is a viaduct 28 metres long, 13 wide and 7 high, which running across the valley connects the Saint-Mont to another mountain. Built by the Romans, it is constructed of stone without mortar. And is as perfect to-day as when first made.

Le Saut de la Cuve

After leaving the Saint-Mont, we reach the village of Saint-Amé. On the left side of the

road, there is a foot-path, which leads in ten minutes to the « Saut de la Cuve ». This little Cascade is formed by the River du Belliard, which precipitates itself into a deep circular excavation, with sharply cut sides.

The height of the Cascade is only 7 metres; But when the river is full, the waterfall is imposing. From Saint-Amé, the road follows the course of the Moselotte and soon reaches Vagney. Vagney is a large village situated halfway between Plombières and Gerardmer. This is the spot generally chosen by tourists for breakfast and to rest their horses.

Le Saut du Bouchot

After passing through the village of Sapois, we take the new road of Gerardmer, which leads to the «Saut du Bouchot ». This Cascade 100 feet high, surrounded by a luxuriant vegetation, is in reality composed of three Cascades, one situated over the other. Finally it

Lake of Gerardmer

throws itself into a single pool, whence it flows through the valley.

To see this Cascade in all its beauty, one should go to the lower part of the valley, where without exposing oneself to any danger, one can enjoy a most magnificent spectacle.

A quarter of an hour's drive further on, leads to Rochesson, celebrated for its cheeses, better known in Paris as : Geromé cheeses.

After this, one passes before an immense rock called « la roche des Ducs ». From this point starts the route de la Bresse. After passing downhill for about three kilometres through a magnificent forest, one reaches Gerardmer. Gerardmer is a rich village recently built, situated at the foot of the Western Vosges.

Towards the end of the 16th century, there were only about twenty families inhabiting Gerardmer. The armies of Louis XIII, after having ravaged the whole country, dispersed these poor people and drove them into the mountain. Towards the middle of the 17th

century, Gerardmer began again to be peopled. To-day the population amounts to about 6.000 in winter and at least twice as much during the summer months.

The Abbé Jacquel says in his book on the Vosges, that Gerardmer ought to be called the Interlaken of the Vosges. Here are to be found Lakes, Cascades and steep Mountain Precipices. It is the central point of the picturesques sites of the Vosges. Here the tourist can put up, and make excursions into the country, to visit the most beautiful spots, all of which are at easy distances. The Lake of Gerardmer, the largest in the Vosges, contains 106 hectares, and is 100 feet deep. It is full of fish. There are plenty of boats to be hired and one can make pleasant excursions when the weather is fine and the waters tranquil.

It takes about an hour and a half to walk round the Lake. There is a picturesque foot path and a carriage road shaded by trees on either side.

From Gerardmer to the valley des Granges is a pleasant walk.

Pont de la Vologne.

In this valley, distant three or four kilo-

metres from Gerardmer, is the Glacier of Kerhoff. It is formed of rocks of granite lying one on the other. In the interstices of these rocks, even in the middle of summer, blocks of ice, are to be found.

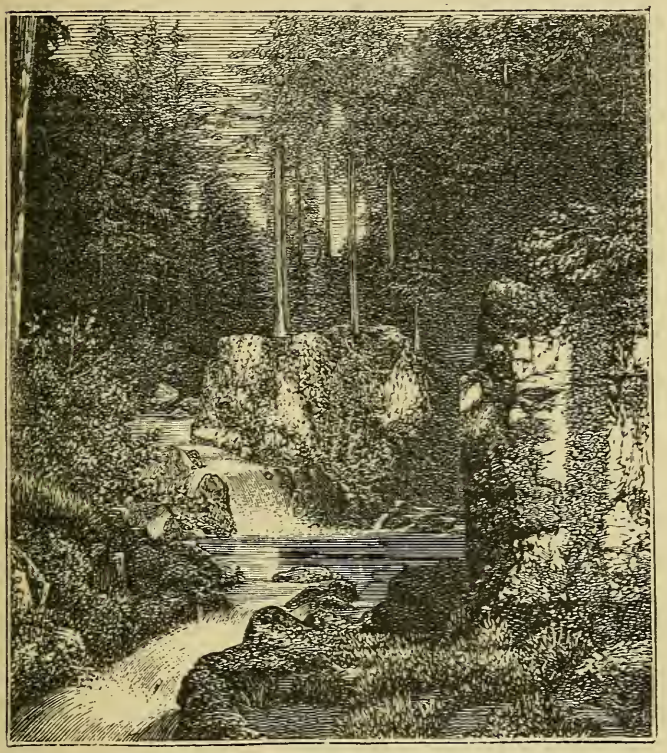
There is a marked diminution of temperature in these spots and tourists should be careful, whilst visiting them, not to take cold.

Road from Gerardmer to La Schlucht

The road leading from Gerardmer, passes to the right of the valley of the Grange and penetrates into that of Vologne. Soon one reaches an immense block of granite, situated a few paces from the road, on the left hand.

It is called the « Pierre de Charlemagne ». It was so named in recollection of a halt made by the great Emperor, on returning home from hunting. A little further on, the road leads over a bridge, which spans the torrent of

the Vologne. It is the « Pont de la Vologne ».



Saut des Cuves.

This is one of the most picturesque points in the Vosges. Beneath it the river Vologne

flows between two walls of black stones and falling perpendicularly from rock to rock, forms a series of pools, hollowed out by the action of its waters. It is called in the country the « *Saut des Cuves* ». The tourist in order thoroughly to enjoy the beautiful spectacle of the torrent, should leave his carriage and descend down to the banks of the stream.

At first sight, it seems as though the descent would be dangerous, but, if one is not subject to vertigo, it is in reality neither difficult nor dangerous. The beauty of the scene, at the bottom of the valley, amply compensates for the fatigue of climbing again to the road.

Following the Vologne, one soon reaches the « Lake of Longemer ». This lake is much smaller than that of Gerardmer. It only contains 75 hectares, but is beautifully situated. It is placed in the bottom of a Valley, closed in by two mountains covered with forests of fir trees.

On a small promontory, which runs into

the Lake, is the Chapel of Saint-Florent. This Chapel is celebrated for the miraculous virtues of a spinning wheel it contains. Tradition credits the wheel when turned backwards and with the left hand, with the power of curing certain diseases.

A little further, is the Lake of *Retournemer*, which only contains fifty hectares.

The road leading from Retournemer to the Schlucht, is very beautiful. Cut in the mountain side, it passes through a forest of immense fir trees and commands a view of the Lakes of Longemer and Retournemer. Five kilometres further on, there is a tunnel cut in the rock and called « La Roche du Diable ».

Here too, the Tourist ought to leave his carriage, climb to the top of this immense mass of stone and enjoy the magnificent panoramic view which unfolds itself before him.

La Schlucht. — Le Honnek

After following for some time the road which leads from Epinal to the Valley of Munster, one reaches the summit of the Schlücht. Here there is a new Hotel. It is the only inhabited house for 20 kilometres round.

The Panorama commanded by the Schlucht is magnificent. Turning to the East, one sees the Alsace, the Rhine, the Duchy of Baden and the Black Forest. A little behind, on the other side, the Honnek. On one side the Valtin and on the other, the Ballon de Soultz.

It is possible to return the same evening to Gerardmer; but the better plan is to sleep at la Schlucht and spend the next day in climbing the Honnek.

It is necessary to take a guide. It is not a difficult ascension. It can only be done on foot and takes about an hour. About 1366

metres in heigth, the Honnek is the loftiest mountain of the Vosges. The summit is reached by a series of grassy lawns, called Chaumes. The view extends 20 leagues around. The Vologne rises here.

Erckmann-Chatrian thus describe the mountain. « The Honnek is more than 5.000 feet high. Covered with snow till the middle of July, it descends abruptly to the « défilé de Munster ». Its sides are formed by immense black rocks, bristling here and there with pines, which when seen from below, look like tufts of fern. From the summit on one side you can see the valley of Alsace, the Rhine, the Alps of Bern, on the French side, the Lakes of Longemer et Retournemer and then rise mountains upon mountains and beyond them yet more mountains. The principal ones are: the Ballon de Soultz, the Rotabac and the Donon. » Tourists who are willing to sacrifice one or two days at the Schlucht, can make several pleasant mountain excursions, to the Lac

Vert, the Lac Blanc, the Lac des Corbeaux or to that of Blanchemer; or they can ascend the Rotabac and visit Munster.

Ballon d'Alsace. — Bussang.

The excursion to the Ballon d'Alsace, is a shorter one than that which we have just described. Plombières is only ten leagues distant from this mountain.

The road from Plombières leads through Remiremont; from thence, one can either continue the journey by carriage or take the Railroad to Saint-Maurice, which is situated at the foot of the mountain.

At a short distance from Saint-Maurice, is the little village of Bussang, noted for its ferruginous waters. The river Moselle rises here. The ascension of the Ballon d'Alsace is easy. The view at the summit of the mountain is not less beautiful than that one has from the Honnek.

On one side, one sees the valleys of Saint-Amarin and of Massevaux, the Roche of Ringelstein, the plains of Alsace, the Rhine and the Black Forest. On the other side, the summits of the Jura and rising above them the Alps.

The height of this mountain is 1.200 metres.

It takes about four or five hours to return from the Ballon d'Alsace to Plombières and this excursion can be done either by road or by railway.

END.

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